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# THE gateway

THE OFFICIAL STUDENT NEWSPAPER AT THE UNIVERSITY OF ALBERTA

Popular Postmedia News columnist Andrew Coyne didn't hold back in discussing the "alarming" state of Canadian democracy on Monday at the University of Alberta.

Part of the Faculty of Law's Merv Leitch Q.C. Memorial Lecture series, Coyne criticized long-standing problems in the Canadian democratic system in front of a standing-room only crowd.

"We have not become a dictatorship, but we are no longer quite a democracy," he said. "We no longer live under the system we think we do. We have the form of a democracy, but not the substance."

"We have not become a tyranny, but if the government is not wholly our master in this country, neither can it be said to be really our service."

A graduate of the University of Toronto and the London School of Economics, Coyne has written for a variety of Canadian publications including *Maclean's* magazine, *The Globe and Mail* and *The National Post*, and his journalistic career also extends to the U.S. Known for his watchful eye on federal politics, he focuses on social, political and economic issues in his column.

Coyne said our democratic system has cracks throughout. From the conduct of elections and the way in which votes are counted to parliamentary conduct, the system fails to work for its citizens.

"No democracy is perfect. People in every country complain about faults in theirs, but somewhere along the way, I believe ours crossed the line," he said. "Democracy — real democracy — is slipping away from us."

While the state of our current democratic system may not be an irrevocable problem, Coyne said the cumulative weight of these long-standing and well-known problems could cripple the system further. These problems arise at both the federal and provincial levels, he said, but it hasn't always been this way.

Not shy in speaking his mind, Coyne said the problems begin with a certain level of pre-determined selection and a lack of true choice when it comes to elected officials.

PLEASE SEE COYNE • PAGE 5



## The Other Side of the Coyne

WRITTEN BY ANDREA ROSS

KEVIN SCHENK



SUPPLIED: IMPACT CAMPUS/SIMON DUFRESNE

## PANDAS TAKE NATIONALS

WRITTEN BY ATTA ALMASI

Popular wisdom usually dictates good things come to those who wait. Although it took 12 long months of waiting, the Pandas rugby team was finally able to redeem their CIS bronzemedal finish from a year ago to clinch the team's first national championship in a decade.

"I have never been so proud to be a captain for the Pandas rugby team," fifth-year flyhalf and team captain Allison Fairbairn said following her team's Sunday's afternoon 29-10 win over the 2011 CIS champion University of Guelph Gryphons in Quebec City. "I feel like now we understand what this is all about, why we sacrificed time, sweat, blood and injuries to play the sport of rugby with a Panda over our heart. This is truly the best thing."

For another one of the U of A players leaving after this season, the 2013 CIS national championship

represented an ecstatic moment in her rugby playing careers.

"It feels absolutely surreal to win a national title," fourth-year Pandas scrumhalf, 2012 Canada West player of the year and 2013 CIS All-Canadian Chelsea Guthrie said.

"This team completely came together with the players, coaches and all staff to have an undefeated season. I am so proud and grateful that I was able to be a part of it."

For Guthrie, the team's goal heading into the tournament was not only for the team to avenge their third-place finish at nationals last year, but also to prove that the CanWest conference is among the best in the country.

"Being the only team from Canada West at the tournament, we hoped to show that we deserved to be there," Guthrie said. "The other teams had all played each other at least once before in (the) regular season

or preseason tournaments, however we were a mystery to most of the teams, (so) our hope from the beginning was to go for the gold."

Though the Pandas were able to continue where they left off during the regular season and playoffs by winning all three of their matches at the CIS championship tournament, Fairbairn and Guthrie both concede the road to the finals was far from easy for the 9-0 squad.

"All three of the games offered unique challenges to us," Guthrie said. "Laval was a tough game because it was our first game of the tournament so we all had some nerves to work through. Our semifinal against Queen's was a tough,

physical battle (because) Queen's scored first and we had to work to get back and stay ahead ... The final game (against Guelph) was a mental and physical battle. None of our players had ever played in a national final before, so it took a lot of heart."

"There was so much on the line that game (against Queen's)," Fairbairn agreed. "We knew if we lost that we wouldn't have a chance to go for a gold medal, but not only that, I personally felt targeted by the other team that game. They definitely didn't make it easy for me to walk off the field at the end of the game without feeling beat up and bruised."

PLEASE SEE PANDAS • PAGE 21

You can only call small halloween candy fun size, not penises :(

#3LF  
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**colophon**

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**news haiku**

WHATUP crack mayor  
Can we have some of your crack?  
Just kidding. That's wrong.



**PHOTO OF THE MONTH** Pandas soccer forward and 2013 Canada West MVP Julia Ignacio looks to crack the deadlock against the UFV Cascades at Foote Field. RANDY SAVOIE

**streeters**

COMPILED AND PHOTOGRAPHED BY **Andrea Ross + Kevin Schenk**



**Theresa Liddell** ALES IV

"I'd say something that would decrease a mayor's ability to function. So a crack addict, or maybe meth. Or always being drunk."



**Deborah Hazenberg** ALES IV

"I think it would have to do with something that affects other people around them and not just them. Strippers and stuff would affect their families. But crack just affects their own brain."



**Michael Hyrve** GRADUATE STUDIES I

"Maybe we should have them indulge in every single carnal delight that they want, to get it out of their system. As long as they don't kill someone, maybe. Unless it's like *Dexter*."



**Brandon Brost** SCIENCE I

"Booze is the worst thing you could do without getting kicked out of office. Public drunkenness would be a no."



**November 2013**  
GATEWAY EDITORS VS. SU EXECUTIVE

The annual mustache grudge match is back. While some participants failed to make the cut and start November fresh-faced, there's no telling which side will win this contest that'll surely end in a close shave.

THE **gateway**



# News

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## Suzuki talks environmental responsibility at U of A

**Andrea Ross**

STAFF REPORTER • @\_ROSSANDREA

Renowned Canadian science broadcaster and environmental activist David Suzuki advocated for social and environmental change in Canada as he spoke to a sold out crowd at the University of Alberta last Wednesday.

CBC's *The Nature of Things* host paid tribute to the outstanding career of U of A science professor and limnologist David Schindler and his commitment to the preservation and study of the environment. Kicking off a two-day symposium celebrating Schindler's career, Suzuki's talk, titled "The Global Ecological Crisis: Setting the Real Bottom Line," focused on the stark reality of global climate change.

■ **"It was here in Edmonton that I learned how poorly Canadians understood the role of science in their society."**

DAVID SUZUKI  
ENVIRONMENTAL ACTIVIST

Suzuki said their collective years of experience as environmentalists and researchers, and the mistakes, successes and failures made along the way have shaped the future of environmental activism.

"I'm here speaking as an individual, as an elder, (and) that's a very special position," he said.

"We lived an entire life. And now



it's the time to sift through that lifetime of experience looking for those nuggets of hard-won experience and pass that on to the next generation. I believe this is indeed the most important time of our lives, (because) we can now speak the truth that comes from our hearts."

Schindler recently announced his retirement after a lifetime of research

in water issues and efforts to guide the government and industry towards more sustainable environmental practices. Suzuki said he first met Schindler while attending a proposal to build a pulp mill in First Nations territory, and Schindler has since guided him throughout his career.

Born in Vancouver, Suzuki became a

household name hosting the weekly children's show *Suzuki on Science* and the radio program *Quirks and Quarks*. He has hosted *The Nature of Things* since 1979, an award-winning television series aimed at stimulating interest in nature and sustainability. Despite receiving job offers around the world, Suzuki said Canada's progressive values drew

him back to his home country.

"I returned to Canada because Canada meant, to me, Tommy Douglas and the CCF, now the NDP," he said. "Canada had Medicare, Canada meant equalization payments where the rich provinces compensated the poor provinces, Canada meant Quebec and the National Film Board and the CBC.

"And I've never regretted coming back to Canada."

Suzuki spent one year living in Edmonton, and although the long, cold winters eventually pushed him back to the west coast, he said the experience was a turning point in his professional career.

"It was here in Edmonton that I learned how poorly Canadians understood the role of science in their society," he said. "Whatever we do to the environment, we do to ourselves. This isn't just a poetic way of speaking — it's literally true. Whatever we do to the air, we do to ourselves, and we treat air as a toxic dump."

Addressing hundreds of students in the audience, Suzuki said today's youth must be supported in pursuing the study of science. He said the environment is everyone's responsibility, and that anything can be achieved when recognition is not demanded.

Industry and environmentalists can work together to improve sustainable practices, he added.

"It has taken me decades to understand what the ecological crisis is truly about," he said. "(But) the most powerful factor shaping our lives today is science."

## Deputy Premier's furniture expenses provoke Liberal outrage

**Michelle Mark**

NEWS EDITOR • @MICHELLEAMARK

Advanced Education Minister and Deputy Premier Thomas Lukaszuk spent more than \$10,000 on furniture for his office back in April, according to documents obtained by the Alberta Liberal party through the Freedom of Information act.

Liberal leader Raj Sherman confronted Lukaszuk about the expenses during Monday's oral question period, questioning the hypocrisy of lavish expenditures while post-secondary institutions struggle through severe cutbacks.

■ **"The amount of money he spent — \$10,000 — that's enough tuition and books and fees for a student for a whole year."**

RAJ SHERMAN  
LEADER, LIBERAL PARTY OF ALBERTA

"I guess that when the minister talks about tough times, he's only talking about tough times for students, families, faculty and staff. Not for himself," he said.

"How do you justify pleading poverty to our colleges and universities when there's clearly no lack of funds to refurbish your office?"

But Lukaszuk criticized Sherman

for making "ridiculous" statements as a way of playing politics. He said furniture in offices are replaced routinely, and questioned Sherman's assumption that the IKEA furniture purchase was extravagant.

■ **"Students are smarter than the leader of the opposition."**

THOMAS LUKASZUK  
ADVANCED EDUCATION MINISTER AND DEPUTY PREMIER

"If I bought myself new shoes, he would say, 'You're not spending that money on post-secondary.' Let's put it in perspective. We have a \$2 billion budget for post-secondary, this is \$10,000. This is 0.000001 per cent of our budget," he said.

"It's an interesting way of looking at the world ... They want to focus on the ridiculous, but that's what (Sherman's) known for. That's his forte. Let him do what he does."

Lukaszuk said the purchases were primarily for his staff and not himself, but the documents show that much of the furniture, including cabinets, a coffee table, a computer desk and a \$4,500 meeting table, went to his own office.

But he said students shouldn't read too much into Sherman's anger over the expenditures.

"Students are smarter than the leader of the opposition, and they will know that when you run a



business of \$2 billion and when you have staff working in your office and working in a building that's 100 years old, from time to time, every 20, 30 years, you have to replace furniture," he said.

"Specifically because we went with the cheapest furniture possible from IKEA, I don't think you're

going to have a problem."


But Sherman said Lukaszuk's excuses were "simply inadequate" and maintained the furniture was an unnecessary expense given the current post-secondary turmoil.

"He has furniture in his office that's doing the job. The amount of money he spent — \$10,000 — that's

enough tuition and books and fees for a student for a whole year," he said.

"It's hypocritical of the minister to say, 'Look, we're broke. Sorry, we had no money,' and he goes on a shopping spree and he's changing the colour of a cabinet to match the rest of the furniture."





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**DRAGON DRAMA** Andre Girard (left) and Sheldon Croome (right) face a panel of potential investors SUPPLIED: NORTH STAR IMPORT EXPORT LTD.

# U of A business alumni pitch e-cigarettes on *Dragon's Den*

**Michelle Mark**  
NEWS EDITOR • @MICHELLEAMARK

Two University of Alberta alumni proved more than a match for Canada's toughest dragons last April, when they pitched their electronic cigarettes product to the panel on CBC's *Dragon's Den*.  
Last year, Calgary-based entrepreneurs Andre Girard and Sheldon Croome started up ICEcigs, a brand of e-cigarettes designed to act as a placebo for smokers to help cut down on packs. ICEcigs vaporize only water and flavoured glycol, and contain no nicotine.


**“The thing that stood out for them ... was that we had a unique enough item, and our idea was backed with just a really good business plan.”**

ANDRE GIRARD  
ENTREPRENEUR AND U OF A ALUMNUS

The *Dragon's Den* episode doesn't air until Wednesday evening, but Girard said viewers should expect to see a positive response to their pitch.  
“We had a favourable outcome, I can say,” he said. “As you'll see on Wednesday, we did deliver a handshake.”

The infamous *Dragon's Den* handshake deal landed Girard and Croome the opportunity to work with the investors over the past several months, eventually redesigning much of the product.  
Girard said the e-cigarettes featured on the episode look dramatically different from the versions about to be launched.  
Now, the devices are disposable, contain a soft filter and are a similar size and weight to a typical cigarette.  
Girard added that every inch of the product — from the moment the consumer tears off the plastic wrap and opens the cardboard pack — is meant to simulate the experience of opening a new pack of cigarettes and lighting up.  
“We worked with them basically all summer, and it's going to be a really positive episode,” he said.  
“We had a great conversation, and the thing that stood out with them — because usually you need a patent or you need proven sales, things like that — was that we had a unique enough item, and our idea was backed with just a really good business plan,” he said.  
“E-cigarettes do exist, but there was nothing like this that has been brought to market yet.”  
Girard said although he doesn't smoke, the idea for launching an e-cigarette brand was inspired by friends who did have smoking

habits.  
“They were buying packs of cigarettes, and of course it's associated with an unhealthy lifestyle and they're really bad for you,” he said.  
“We put them in their hands, so when they were with friends, they weren't compelled to buy cigarettes, but they still got the hand-mouth feel. The oral fixation of smoking a cigarette is basically fulfilled with ICEcigs.”  
The e-cigarette industry is gathering speed quickly, and Girard said his education from the School of Business gave him a primer for jumping into a rising industry.  
“It's nice to have a degree from the U of A. It's just handy to have that piece of paper,” he said. “We're glad to call the U of A home.”  
Although one of the main obstacles to widespread use of e-cigarettes is the stigma around vaporizing indoors and in public places, Girard said he and Croome are eager to acclimatize consumers to the devices while pushing competing brands aside.  
“We have a well-defined brand, good marketing plan and we're just going to sweep out the competitors pretty quick,” he said.  
“It's booming seriously hard, and we caught it at just the right time. Right now, there's only a few qualified competitors here in Canada, and with our new brand, we're hitting them by storm.”



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**news brief**

COMPILED BY **Andrea Ross**

**Med students lobby Legislature**  
Almost 50 medical students gathered at the Legislature Monday to lobby local MLAs and the Minister of Health to ban the sale of flavoured tobacco products.  
Known as Political Action Day, the annual event unites medical students from Edmonton and Calgary in lobbying for a health-related cause. The students are hoping a ban on the sale of flavoured tobacco, such as menthol cigarettes and cigarillos, will help deter youth from adopting an unhealthy

habit.  
“There are a lot of youth who are using these products, and they really do appeal to youth in the sense that you can buy them in individual packaging and they look like candy or lipgloss,” U of A medical student Lindsay Bowthorpe said.  
Bowthorpe said novelty flavours such as menthol decrease the harshness of tobacco smoke by numbing the throat and opening the airway further, leading to increased nicotine absorption.  
She said a ban on the sale of these products would help ensure the health of Albertan youth in the long run.  
University of Calgary medical student Michael Arget said five per cent of the Canadian population of smokers use menthols and other flavoured tobaccos, but the proportion of young people using the products is significantly higher — about a third of the total market in Alberta.  
First-year University of Calgary medical student Eric Campbell braved icy roads to attend the event and said discussion with policy makers is a step in the right direction towards decreasing youth tobacco addiction.  
“We've had some really good discussions today,” he said. “I think for all of us who are future doctors and health care providers, we are concerned about chronic disease down the road and because of that we are really concerned about youth smoking.”



# Researchers discuss antique statue's influence on fashion

Heather Holman

GATEWAY WRITER • @HOLMESHM

The audience in a Telus lecture theatre was transported to Greek antiquity and 18th century France on Tuesday evening during the lecture, “The Re-Birth of Venus: Fashion and the Venus Kallipygos.”

Anne Bissonnette, Assistant Professor of Material Culture and Curatorship at the University of Alberta, and Sarah Nash, a PhD student studying Roman material culture, held the talk to discuss the link between ancient Greek aesthetics and 18th century fashion. The talk complements an exhibit of the same name co-curated by Bissonnette, Nash and PhD student Loretta Yau.



18TH CENTURY COUTURE The statue that inspired Enlightenment fashion. JULIA SCHONFIELD

**“It was the Age of Enlightenment, so we have a ton of parallel trends ... not only in terms of Greek and Roman aesthetics, but also in politics.”**

ANNE BISSONNETTE  
ASSISTANT PROFESSOR, UNIVERSITY OF ALBERTA

“The love of Greek and Roman aesthetics impacted European art since the Renaissance,” Bissonnette said. “But an influx of artifacts following the excavation of Herculaneum in 1738 and Pompeii in 1748 led to a rise in interest in classical art in the West.”

Changes in the world of fashion at that time were generally inspired by classical art, but Bissonnette said her aim was to pinpoint the influence of a specific statue on emerging dress styles of the period, with a specific focus on its presence in French fashion.

That statue is Venus Kallipygos, or “Venus of the beautiful buttocks.” It features a woman lifting her skirt to reveal her lower body as she peers over her shoulder to admire her

backside. According to Nash, much ink has been spilled over the identity of the statue. It was assumed that because she was partially nude, it was a depiction of Venus — also known as Aphrodite — the goddess of love and beauty. From the time of its discovery, the statue was interpreted to depict Venus, but an alternate 16th-century explanation also became popularized, and ultimately had the most pronounced impact on the statue’s reception, Nash said.

“As the story goes, two sisters from Syracuse argued over whose buttocks were more beautiful, and they decided to have the issue resolved by showing the goods, so to speak, to a passing stranger. The young man awards the prize to the older sister and falls in love with her, while the younger brother later falls in love with the younger sister,” Nash said.

“It is often assumed that the cult statue memorialized the two sisters’ exhibitionism ... But in the end, the identification of the statue in Naples as the Venus Kallipygos became the most prevalent and endures by custom.”

Aside from her shapeliness, Venus

Kallipygos is of scholarly interest due to her influence on the women’s clothing styles that emerged in the 18th century. The chemise gown, a provocative style that looked more like an undergarment than a dress, was influenced by the body-hugging columnar shape and unstructured quality of the Greek chiton.

According to Bissonnette, the chemise gown was championed by the French elite. A radical departure from the ultra-structured and padded styles of the period, the chemise dress, like the Greek chiton, was made of lighter fabrics that revealed the body’s natural contours.

“The chemise gown exemplified the leap from art to fashion,” Bissonnette said. “It was the Age of Enlightenment, so we have a ton of parallel trends... not only in terms of Greek and Roman aesthetics but also in politics.”

“If you’re looking at Greek and Roman statuary and the body is coming through the clothes and you’re more exposed to this, then it causes a shift in how you see yourself within that continuum.”

The exhibit will run in the Human Ecology Centre until March 2, 2014.



KEVIN SCHENK

COYNE • CONTINUED FROM PAGE 1

“When the prospective voter votes for the candidates in his or her riding, what does he see? He sees creatures of the parties,” he explained. “When the voter watches the election campaign, what does he see? He sees campaigns dominated by attack ads, photo ops, attack ads and news coverage heavily focused on polls, gaffes and inside, baseball strategizing — often about attack ads.”

“Perhaps voters are interested in questions of policy, but it doesn’t really matter what the candidates stand for, because all policy is set by the parties, and it doesn’t matter what the parties stand for, because ... they generally stand for the same thing.”

Coyne has previously expressed distaste towards politics, but said he believes the media has an important role in revealing better political practices.

Speaking of democratic processes, Coyne said election results often don’t reflect the voter’s ballot. Instead, the voter sees a parliament composed of seats between parties bearing little resemblance to the opinion of the country.

“He sees that the MP he re-elects has no real role or responsibility

but to stand up and sit down when told, (and) he sees a parliament that collectively has very little ability to hold governments to account,” he said.

Instead, the majority of the power resides in the office of the Prime Minister, and politics remain dominated by “coarseness, cynicism, name-calling and mindlessness,” he said. Coyne said the trouble is in inciting a response from the public by using negative language against opponents.

The media does play a role in this phenomenon, he said. It’s a cycle that is tough to break. Politicians attempt to learn from their mistakes and journalists do as well, he added.

“I only know we are hurting democracy ... we’re making things worse, we’re getting in the way,” he said.

“After every election, we retire, defeated, to our newsroom post-mortems and each time we vow, ‘Never again.’

“Never again the ‘gotcha’ question, the silly photo op, the constant search for defining moments, the investing of trivial campaign mishaps with metaphoric import ... And then we go out and do it all over again.”

## New Brunswick government increases post-secondary budgets

Cherise Letson

CUP ATLANTIC BUREAU CHIEF

FREDERICTON (CUP) — New Brunswick tuition might still go up next year, but now students will know by how much.

At a press conference Oct. 30, the provincial government announced they will increase university operating budgets by two per cent each year for the next two years. They announced an annual tuition increase cap of three per cent for the next three years for public universities with the exception of St. Thomas University in Fredericton.

“This is the first time government has provided a concrete funding commitment in advance of the yearly provincial budget announcement,” Premier David Alward said. “We’re committed to continuing working aggressively to return the promise of fiscal health and it is in this context that our goal must be to work together to find way to address our common challenge of addressing escalating costs.”

Alward said the tuition cap will help students better plan their education.

“Adopting a tuition policy means that institutions and students can better plan their respective budgets and investments,” he said. “Public

universities are critical to the socioeconomic wellbeing of our province representing key investments in our people, our economy and the future of our province.”

Minister of Post-Secondary Education, Training and Labour Jody Carr said the government will soon be announcing changes to student financial aid.

“This is all part of our strategy to rebuild New Brunswick, to invest in post-secondary and to provide support for our students to remain here in New Brunswick, to learn here in New Brunswick and to work here in New Brunswick as well,” Carr said.

Alward promised a predictable university funding agreement in the 2010 provincial election. Afterwards, when media asked why it took so long, Alward said it “hasn’t always been easy.”

“We’ve been working in a collaborative way with the students over the last three years to be able to get here, but again, that’s all part of the process and we’re glad ... I think this is a very good day.”

UNB Student Union Vice-President External Greg Bailey said although he’s glad students have been given something predictable, the increase is still being put on students.

“We appreciate that tuition’s being capped, but we think that the

government needs to talk more about financial aid in order to help students,” Bailey said. “And that’s something that was notoriously absent here.”

With a provincial election coming next year, Bailey said the timing of the announcement is questionable.

“I’m just curious as to why it didn’t come out earlier,” he said. “The government made commitments for a multi-year funding in post-secondary education and it seems to be a little bit late in the term since they’re looking for an election next year.”

Pat Joyce, executive director of the New Brunswick Student Alliance, said he’s glad to see that the Conservative government recognizes the need to commit to post-secondary education. However, with an election next year, he wonders how stable this funding commitment is.

“One of the challenges we will face when it comes to this commitment is that fact that there will be a new legislative session starting next year. There will be an election and we don’t know who will end up in office after that,” Joyce said. “So how stable this announcement is remains to be seen.”

But Joyce said having a tuition cap is a good thing. He said three per cent is too much.



PSE New Brunswick Premier David Alward announces funding & tuition cap. SUPPLIED

“I think it presents a challenge when it comes to student debt and students staying in the province,” he said. “We certainly think it can present itself as a challenge when it comes to whether students are able to stay and work in New Brunswick after they graduate.”

Domestic students in Nova Scotia already have a three per cent tuition cap. Jonathan Williams, executive director of StudentsNS, said they’ve asked for a better rate.

“We’ve currently called for a tuition freeze at zero per cent until youth employment relative to the rest of the population recovers, as a way to reflect students’ ability to pay. We’ve asked for an inflationary cap once employment has recovered,” Williams said. “A three

per cent tuition growth rate would exceed these recommended rates. The best you can say is that it’s absolutely better to have a tuition cap than to not have one.”

He said with a set tuition cap, universities often raise their other fees to make up for it.

“Once a cap is set on tuition, universities generally increase fees at the maximum rate, so tuition will almost certainly grow three per cent per year,” Williams said.

Joyce said they hope the future announcement regarding student financial aid will help with the tuition increases in the province.

“We’ll certainly wait to hear what those announcements and hope that they will help to offset the increases in tuition.”



# Bill addressing urban workers & interns tabled

Anqi Shen  
CUP ONTARIO BUREAU CHIEF

HAMILTON (CUP) — A private member's bill has been tabled in the House of Commons to clarify the rules around unpaid internships and explore pension options for urban workers.

Andrew Cash, federal MP for the Toronto-area constituency of Davenport, introduced Bill C-542 in the House of Commons for consideration.

If approved, it would strike a federal task force to look at job security and benefits for workers with a fluctuating income.

■ **“An Ontario university grad will have an average debt of \$37,000 and we’re inviting them into an economy where large for-profit organizations are trying to say, ‘You have to work for free.’”**

ANDREW CASH  
MEMBER OF PARLIAMENT, DAVENPORT

The bill specifically addresses a growing sector of “urban workers” — including those working multiple part-time jobs, interning, working for temp agencies and freelancing.

“What binds all of these people together — this very diverse group of workers — is they can’t access a workplace pension, have no job security and usually have no access to

benefits,” Cash said.

Cash wants the task force to increase access to employment insurance for urban workers, enhance the Canada Pension Plan and look at other low-cost pension options that produce a minimum guaranteed benefit.

“I think there was a point 40 years ago where (urban workers) made up a small group in the economy,” MPP Cash said.

“We now know in the GTA (Greater Toronto Area), about 50 per cent of workers cannot access a stable, full-time job.”

A United Way Toronto study released in February 2013 found “barely half” of workers in the GTA and Hamilton have permanent, full-time positions with benefits.

Cash also referenced “growing intergenerational inequity” where young workers may enter a company with an understanding that they have no access to a pension, while other workers with seniority at the same company have a defined pension.

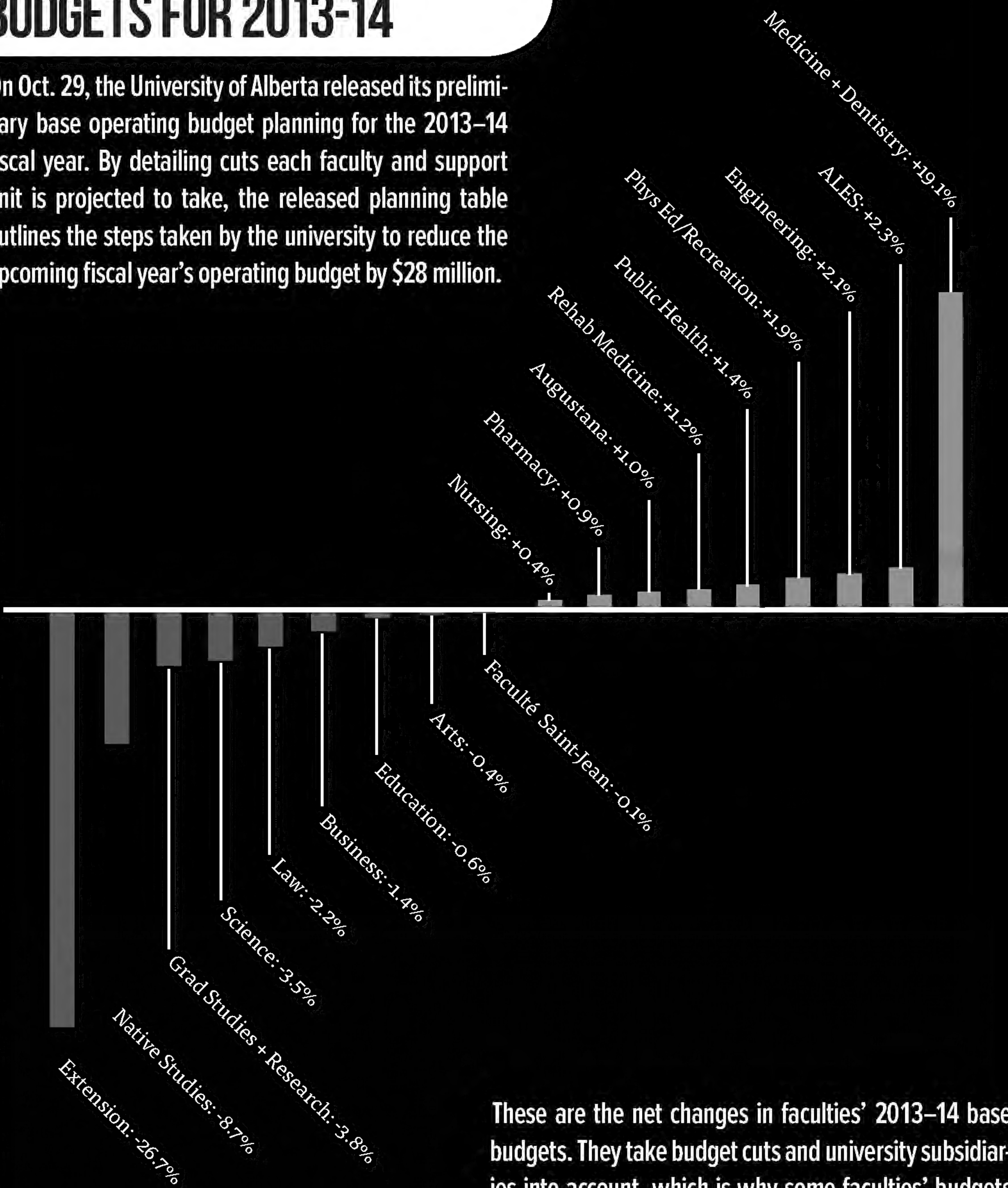
“An Ontario university grad will have an average debt of \$37,000 and we’re inviting them into an economy where large for-profit organizations are trying to say, ‘You have to work for free,’” he said.

Cash said the bill would ultimately fall upon the federal government “to enforce the rules and enhance labour standards where the rules aren’t clear” for unpaid and precarious work.

It is uncertain when the bill will be voted on in the House of Commons, which follows an order of precedence system.

## NET CHANGE IN FACULTY BASE BUDGETS FOR 2013-14

On Oct. 29, the University of Alberta released its preliminary base operating budget planning for the 2013–14 fiscal year. By detailing cuts each faculty and support unit is projected to take, the released planning table outlines the steps taken by the university to reduce the upcoming fiscal year’s operating budget by \$28 million.



These are the net changes in faculties’ 2013–14 base budgets. They take budget cuts and university subsidiaries into account, which is why some faculties’ budgets have increased despite the budget situation.



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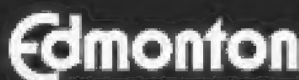
# Do you like haikus? What about haikus AND news?

WHAT’S IN AN ORANGE?  
NOTHING BUT SIN AND DISGRACE  
YOU BLOODY HEATHENS

## Yeah, we can do that.

Check out the bottom left hand corner on page two of *The Gateway* for some moist, luscious news haiku goodness.

Presented by:



NEWS MEETINGS MONDAYS AT 3 PM IN 3-04 SUB



# U of A researcher has tips for sleep-deprived students

**Darcy Ropchan**  
OPINION EDITOR • @DRROPCHA

When it comes to getting a good night's rest, there can be a lot to lose sleep over — particularly for students. In the age of computers and tablets, which produce melatonin-suppressing blue light, getting enough beauty sleep can often be a tiresome endeavour.

Cary Brown, an associate professor in the Faculty of Rehabilitation Medicine, said when it comes to getting the right amount of sleep, society and universities run on a counterproductive model.

"We live in a society that's not set up for sleeping," Brown said.

"University is set up that way. In the daytime, we put you in dim lecture halls with the lights turned out and tell you to look at a PowerPoint way off in the distance. When the lights are out your body produces melatonin to make you sleepy. Then you go home after, working on your computers and tablets, and you're flooded with blue light so you're wide awake."

Brown explained it would be impossible for any university student to avoid the sleep-related stresses of post-secondary education, but she said making small, simple changes in everyday life can pay off. Switching to decaffeinated coffee instead

of caffeinated can help get students to sleep faster. So can acquiring blue light dimming software for computers or tablets. It filters out the blue light, so even if students are in for a late night of paper-writing in front of their computers, it won't keep them as awake at night.

Napping may seem like a worthy alternative for those who can't commit to a full night of sleep, but Brown warned that timing afternoon or evening naps just right is the key to getting proper rest.

"Sleep occurs in five stages. It's a cycle and you have to go through all the stages. You start off in a light sleep and then you go down into a very, very deep sleep where it's hard to wake people up, but then they start to come up from that and you go into a light sleep again," Brown explained.

"To go through a cycle takes about 90 minutes, so if you have a short nap, like 15 minutes, it's fine because you're not interfering with anything — you're in the early stages of your sleep cycle. If you have an hour-long nap and you need an alarm to wake you up, it startles you out of deep sleep so that stress hormones are created in your body and it counteracts the benefits of having a nap. If you're going to have a nap, either 15 minutes or the whole 90 minutes."

One of the problems with getting

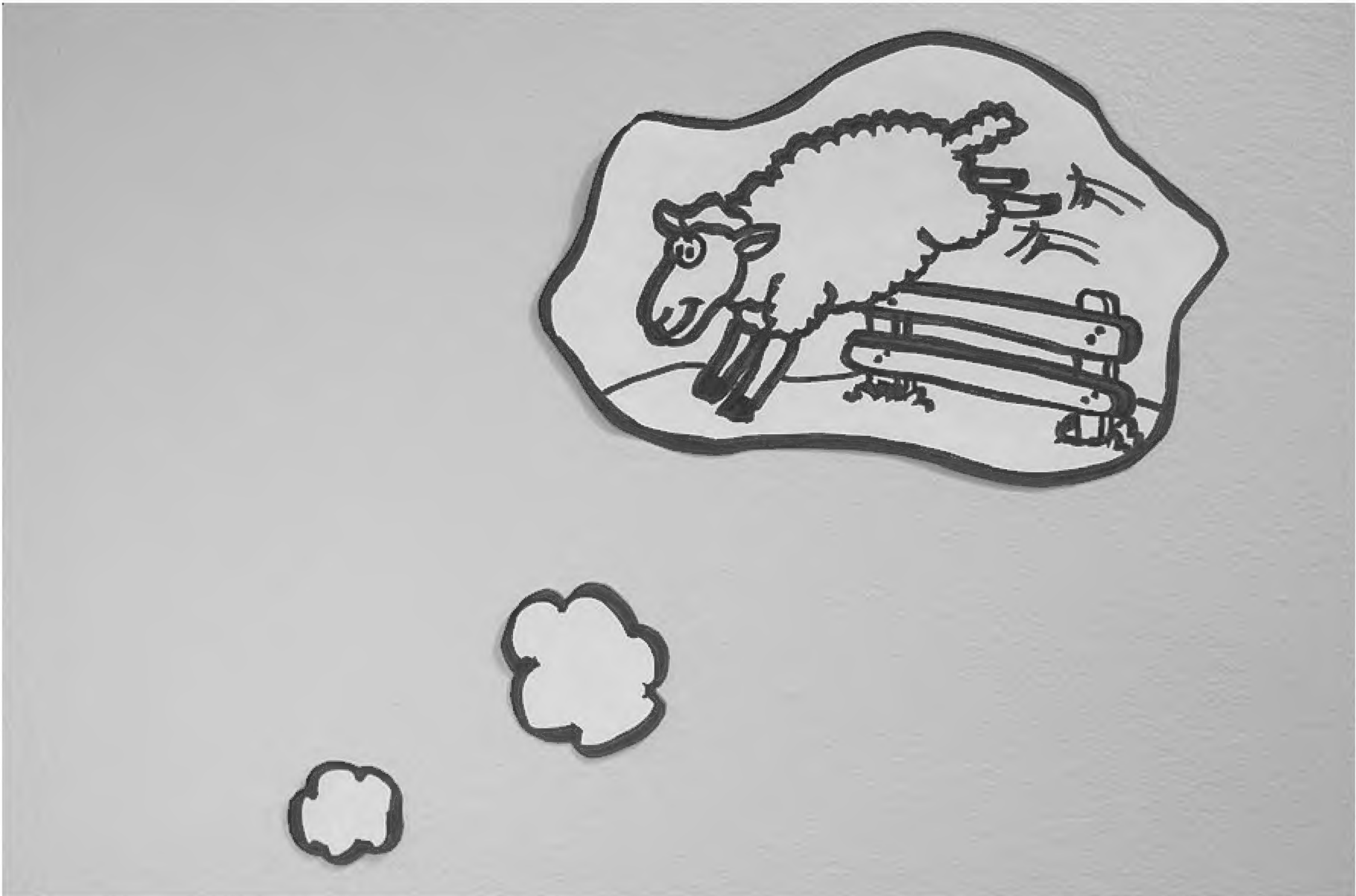


ILLUSTRATION: LARA KMECH

a good sleep is actually falling asleep in the first place, she said. For those with racing minds, Brown advised students focus on one thing at a time in order to rest. Forcing themselves to listen and focus on an audio book is a great way to make their eyes feel heavy, she said. Because they're intently focused on the book, they

don't have time to worry about not falling asleep — which makes them fall asleep. When faced with a tough test in the morning, Brown advised that students may want to reconsider pulling an all-night cramming session.

"All kinds of studies show that students who stay up late trying to

cram for exams do worse than students who just go to bed. When you sleep, your mind has time to process all the new information that came in during the day and if you don't process it, it doesn't get to go into your memory — it just drifts away."

And that's worth crying to sleep over.

## news brief

COMPILED BY **Michelle Mark**

### Materials research chapter hits campus

Materials science and nanotechnology students at the University of Alberta have recently joined more than 70 universities across the world in becoming members of the internationally known Materials Research Society (MRS).

The newly established MRS chapter at the U of A is the first in Canada and will set an example for other universities in the country to follow, according to its founding member.

Rokib Hassan, PhD student and president of the U of A MRS chapter, said it's becoming increasingly important for students to get involved with these global organizations, as they help foster a sense of leadership in their fields.

"What happens is the (students can) boost their research and commit to working with the materials research or nanotechnology communities," he said.

"They're trying to create a field or a platform for their students, so that they can become more passionate to pursue their interests or their research in the areas of materials research or nanotechnology."

The idea to establish a chapter

at the U of A came to Hassan when he travelled to Cancun for an MRS conference and saw the types of schools that were represented — some of the largest, most prestigious American universities had established chapters, he said, but no Canadian schools.

"I was quite shocked when I went there," Hassan said. "I started thinking, 'Why not from Canada?' We are just beside the U.S., and if the U.S. are leading all the (research), why not Canada?"

Hassan said when he began the process of founding the U of A chapter, he received positive responses from the community, quickly gathering interested undergraduate students, graduate students and faculty members in a matter of weeks.

Going forward, the new chapter aims to host its own symposium next year, and eventually create undergraduate funding and a summer research program. Hassan said the chapter, like the ever-changing fields of nanotechnology and materials science, is looking to build the future.

"In the future, everything is coming up to the materials science and nanotechnology, if you think about making all the devices for your iPhone or smartphone," he said. "Everything is coming into the materials science and nanotechnology (area)."

## U of A uses anaerobic digestion for waste

**Andrea Ross**  
STAFF REPORTER • @\_ROSSANDREA

Winter has only just begun, but campus is about to get greener.

The University of Alberta has partnered with the City of Edmonton to divert 1,500 tonnes of organic waste from landfills every year, while producing heat and compost through a process called anaerobic digestion.

Located at the Edmonton Waste Management Centre, the anaerobic digester uses micro-organisms to convert organic waste such as food scraps into biogas, which can be used to produce heat and power. The digestate, or organic remnants of the process, can then be processed into compost.

The digester will not only divert organic solid waste from landfills each year, but decrease methane emissions and cut back on fossil fuel use through production of biogas for heat and power. These sustainable perks of the process are expected to cut greenhouse gas emissions by almost 200,000 tonnes over 10 years.

"We're thrilled to work with the U of A, it's a great partnership," said Christian Felske, Technical Specialist Processing, Research & Regulatory for Waste Management Services.

"The university is an institutional waste generator, so this is not nor-

mally what the city will deal with, but we thought this is a great opportunity to work with the U of A and the city together to develop this project."

▪ **"The beauty is that we're using waste as a resource ... We're actually able to get renewable energy."**

LEN SEREDA  
DIRECTOR OF ENERGY MANAGEMENT, U OF A

The partnership was made possible through funding from the Climate Change and Emissions Management Corporation, which also funded seven other renewable energy projects. Although anaerobic digestion is not a new technology, Felske said the U of A's commitment to sustainability through their involvement with the project sets an example for other institutions.

"(Anaerobic digestion) is not very common in a Canadian context, so this project will be the first in Alberta," he said.

"But I think it has big potential for other cities, municipalities and organizations."

It's an important step for the U of A, and one that aligns with the city's

goal for increased sustainability, according to Len Sereda, director of energy management and sustainable operations at the university. Sereda said waste audits showed nearly 60 per cent of waste produced at the U of A and headed for the landfill was organic waste, a number the university needed to address.

The earth-to-earth nature of the process is something the university can be proud of, he said.

"The beauty is that we're using waste as a resource as opposed to waste, and then we're taking that resource and maximizing the use of that as opposed to just straight composting," he said. "We're actually able to get renewable energy and compost out of it."

Sereda said the university plans to continue sustainable practices by examining other ways of reducing or transforming waste into energy. With steady campus construction underway, he said they are looking into ways of keeping the construction and demolition waste out of landfills.

"We will continue to pursue higher levels of recycling, and that will be part of getting to our goal of 50 per cent waste diversion by 2015," he said.

"And not too far down the road, we will be starting to set even higher goals beyond the 50 per cent."



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## EDITORIAL COMMENT

### Rock ‘em sock ‘em brand of hockey needs to end now

WE'RE A MONTH INTO HOCKEY SEASON, AND WHILE EDMONTON is left dazed from the sheer ineptitude their team displays on a nightly basis, the league as a whole is suffering from the effects of a different kind of daze: the one that players experience when an opponent's fist finds its way into their face repeatedly.

The debate over fighting in hockey is a time-honoured tradition at this point. To have an opinion on the subject and debate it with friends and family is becoming as normal amongst hockey fans across the country as buying your favourite team's jersey or staying in on a Saturday night to watch *Hockey Night in Canada*. It seems by this point every season, there's always already an incident or two that leads to this sort of discussion.

The 2013-14 season has been no different. Just last week, Philadelphia Flyers goalie Ray Emery, likely frustrated by his team's worst showing of the season in the midst of a 7-0 loss to the Washington Capitals, skated the length of the ice during a line brawl between the two teams to challenge Capitals netminder Braden Holtby to a fight. Holtby, skating away from his opponent, clearly wanted nothing to do with the fight, but had to defend himself when Emery kept pursuing him. It wasn't long before Emery was repeatedly hitting Holtby in the back of the head while the referees curiously did nothing to end the fight.

One of the most common defences to fighting in hockey is that the players know what they're getting into when they sign up. This isn't ballet, after all. Fighting has been a part of hockey as long as anyone can remember and is an accepted and even cherished part of the game for some. But this was one example of a player being forced into a fight he didn't even want.

It's times like these where hockey is exposed as living in its own strange world where attacking an opponent who doesn't want to fight doesn't land you in jail. Even other sports leagues would have at least leveled a suspension at Emery, yet the NHL has done nothing so far, seeing as how technically nothing Emery did in this desperate act of violence was against the league's rules.

But now, as the name calling ensues with anti-fighting hockey analysts calling the current rules archaic and pro-fighting analysts calling those critics weenies, everything feels all too familiar. These types of arguments are still happening, but they're not getting as much press and they're not getting as much attention as they used to. The fact is that the debate over fighting and violence in hockey has escalated to a point where it's now hit a ceiling. There's been nothing new to add to the fighting debate for years, and now the arguments on either side have grown stale.

This is why the game at all levels needs to rid itself of fighting sooner rather than later. Fighting may have always been a part of the sport, but players are bigger and stronger now than they've ever been, leaving longer lasting damage from these battles. More and more players are left on the shelf for longer. This same brawl, for example, left Flyers leading scorer Vincent Lecavalier out of action — all for the sake of a worthless fight.

The ridiculous idea that players need to police themselves could be solved with improved calls from referees and stricter suspensions and punishments handed down by the league.

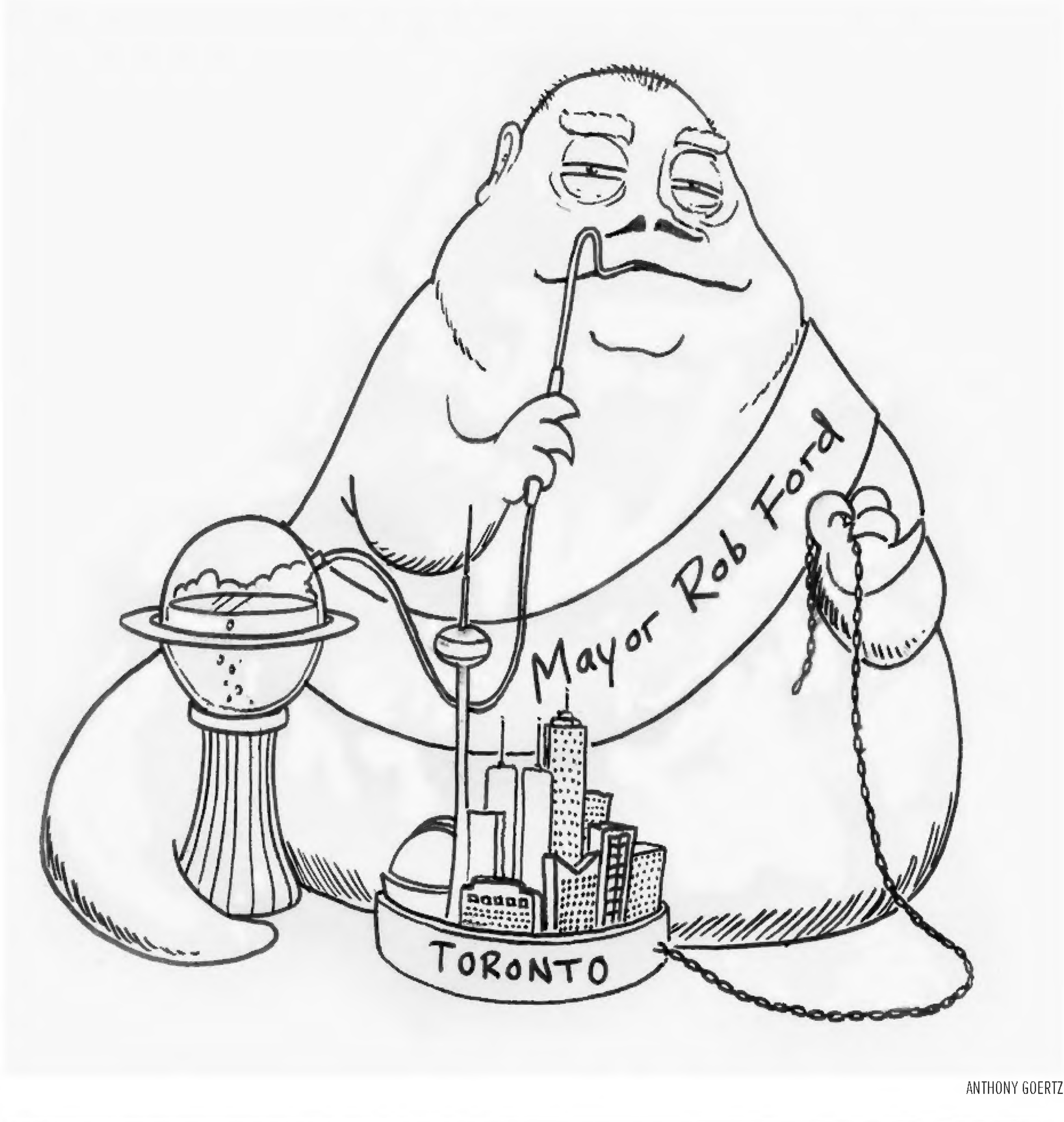
The boost winning a fight supposedly gives a team did nothing for the Flyers in this case, as they were still shut out of scoring against Washington. At the end of the day, fighting in the NHL is still around because of tradition and its entertainment value for fans, nothing more. But players shouldn't have to risk their health further by brawling in a sport that's already fast-paced, exciting to watch and dangerous in the first place.

When the same argument happens year after year, it becomes less newsworthy and in turn grabs less and less attention from fans. At this point, it isn't too sensational to believe that it will nearly take a tragedy on the ice as a result of fighting to cause any real change to the NHL's rules.

Until an incident that terrible happens though, injuries will continue to lead to nothing more than writers on both sides rushing to get a column out demeaning the other's position on in this great debate, with no real headway being made.

As the injuries pile up and the Ray Emery's of the league are able to be a menace on the ice and get away scott-free, the real struggle will continue to happen in the media and between arguing fans, creating no change for players all for the sake of so-called fans to be entertained for a few seconds with boxing when they paid to see a hockey game.

**Andrew Jeffrey**  
EDITOR-IN-CHIEF



## letters to the editor

**The Students’ Union does plenty for you**

Re: SU Does Nothing for Me

Your letter seems to revolve around a key question: how has the SU been advocating against the provincial budget cuts? Many who know me also know how much I love stomping my feet in protest, and the SU did just that when the cuts first happened.

We launched a joint statement with other U of A stakeholders decrying the cuts, and marched with CAPSE to the legislature last March in both protests. If you read my council reports, you will see that I have been frequently meeting with MLAs, and in these meetings, I emphasize that the Premier promised these cuts would not fall on the backs of students. I have repeatedly challenged the government to live up to this promise.

I've spoken out on the impact of these cuts, as has the SU President. In his orientation address, he noted that "In times of grave budget cuts, each of you will need to grab onto your own experience," and "This is a difficult time to be a student in Alberta, with budgets and classes being cut and our favorite professors potentially leaving."

In September, we then learned that many of our favourite professors would indeed be leaving, with 121 staff at the U of A having accepted voluntary severance. The loss of so many as a direct result of the provincial budget cuts will seriously harm our education, and Vice-President (Academic) Dustin Chelen said as much to *Gateway*, *Journal*, *CBC*, *CTV*,

and *Global* reporters.

As executives, we have continued to be as vocal as possible to campus, to the city and to the province about the cuts. While we are fine with being outspoken, it is not as appropriate for services like Orientation to be as vocal, as Orientation is a politically neutral event that the SU is contracted to do by the Office of the Dean of Students.

Our vocal advocacy does achieve results for students. This last election, the province implemented fairer rules for student voting, and we achieved a polling station on campus. When the University proposed a CoSSS fee, we managed to get it reduced in half to \$250. We will continue to speak out against the provincial budget cuts and the corresponding cuts to our education on campus, be it in meetings with politicians or through the media.

I am just as angry about the cuts as you are. These monumental cuts don't allow us to pretend that this is business as usual, and until the province restores our funding, it won't be.

**Adam Woods**  
STUDENTS' UNION VICE-PRESIDENT (EXTERNAL)

**LRT needs alternate route**

December marks the 20th anniversary of the Dudley B. Menzies LRT bridge, linking the university with the north side.

While the bridge is an obvious boon to the city, it's rarely remembered that a precious bit of the river valley was lost in its construction. On the bank below the university a spring emerged from the ground, and created a unique

habitat for plants and small animals.

I stumbled upon it bushwhacking; later, I sought it out. How the spring was diverted for the line I know not, but the sparkle of the sun on the trickle that first time and the diverse life following its course is unforgettable.

Edmonton risks losing another part of its natural heritage to an LRT bridge — the so-called Valley Line slated to run through Louise McKinney Park, across the river to Henrietta Muir Park, and up past Muttart Conservatory, obliterating the footbridge and perennial gardens, and cutting into the ski hill. The superb rec space surrounding this friendly span are to be sacrificed, as well as the still black at night fields beside the pyramids.

Donna's river valley.com captures the feel of the corridor: "Cloverdale Pedestrian Bridge was just packed with river valley enjoyists. Walkers, runners, the ubiquitous and incredibly goofy segway perchers, folks smiling into cameras or just hanging over the rails, taking in the scenery. Lots of gulls, lots of everything."

The baby rill, rarely visited by humans, and the footbridge lands are the recreational and natural sides of the ribbon of green running through Edmonton. One is gone, the other is worth fighting for.

**Eric Gormley**  
ALUMNI

*Letters to the editor should be sent to letters@gateway.ualberta.ca (no attachments, please).*

The Gateway reserves the right to edit letters for length and clarity. No internet speak, sweetheart.



# Lukaszuk's office furniture is nothing worth fussing over



**Darcy Ropchan**  
OPINION EDITOR

In a time of cuts to post-secondary education in Alberta, there's no room for the government to be making unnecessary purchases — you know, frivolous things like refurbishing offices with cheap, ergonomic office furniture designed to give workers a comfortable environment. But that's what Advanced Education Minister and Deputy Premier Thomas Lukaszuk did just that for just under \$11,000. How dare he ensure that he has comfortable furniture to do his job? It sounds like a ridiculous thing to raise issue with, but the Alberta Liberals are doing just that. They may think they're championing fiscal responsibility here, but there's nothing to argue about. Offices will occasionally need new furniture and employees deserve a comfortable work environment.

■ **It's not as if Lukaszuk spent millions of taxpayer dollars on extravagant office furniture at the expense of the post-secondary budget — he did what was necessary by purchasing furniture from IKEA.**

During a question period at the Alberta Legislature on Monday, Liberal leader Raj Sherman claimed that documents obtained from a Freedom of Information request showed that Lukaszuk refurbished his ministerial office at a cost of more than \$10,000. "I guess that when the minister talks about tough times, he's only talking about tough times for students, families, faculty and staff, not for himself," Sherman remarked. When talking to the press, Sherman stated that \$10,000 was enough for a student to cover tuition, books and fees for a year. He also claimed that emails contained in the documents stated that Lukaszuk was having "far too much fun" rearranging the new furniture.

That's a great sentiment, and it's wonderful that Raj Sherman is keeping such a close eye on the spending habits of the Progressive Conservatives, but purchasing new office furniture hardly warrants a public calling out. It's even more ridiculous to use the massive cuts to post-secondary education as an argument against the government



**WHAT'S THE DEAL WITH SPENDING MONEY?** Nothing, it's just furniture. PHOTO: KEVIN SCHENK

spending any kind of money. It's not as if Lukaszuk spent millions of taxpayer dollars on extravagant office furniture at the expense of the post-secondary budget — he did what was necessary by purchasing furniture from IKEA.

Indeed, Lukaszuk says it best: "We have a \$2 billion budget for post-secondary, this is \$10,000. This is 0.000001 per cent of our budget. That's \$10,000 for furnishing an entire office — for staff — is not a lot of money when you think about it."

Although Lukaszuk hasn't been entirely forthright in saying exactly where the furniture is being used, \$10,000 is a drop in the bucket. Yes, it would be enough to fund one student's education for the year, but that's the wrong way of looking at the issue. It's not as if Lukaszuk can realistically take that \$10,000 and send one lucky kid off to university for the year — that would be downright stupid.

As for the information in the email, it shouldn't matter that Lukaszuk was

enjoying rearranging his office decorations. Just because post-secondary education is in trouble in this province certainly doesn't mean that Lukaszuk can't enjoy himself every once in a while. It's not as if he's maniacally laughing while slashing post-secondary funding and moving his furniture around his office. If the man gets some joy out of interior decorating, let him have it. What the Deputy Premier takes joy in has nothing to do with post-secondary funding.

Trying to chastise someone over their spending on practical and ergonomic furniture in a time of budget constraints is a childish waste of time. There's no denying that the provincial government should be under constant scrutiny when it comes to post-secondary education funding, but no one should be arguing against office workers receiving comfortable furniture in order to perform their jobs. Sherman needs to grow up and learn how to pick his battles.

Tim Horton's. Wake up, my fellow hungry students; there are tables of sweets coming that deserve our spare change and our stomachs.

*The Marble Pedestal is a semi-regular feature where something we like is placed high atop a marble pedestal. We look at it, admire it and profess our love for this particular thing. Pretty soon, we're dating. And afterwards, we drop into a quiet little place and have a drink or two. And then I go and spoil it all by saying something stupid like, "I love you."*

imminent, and when those flakes hit the ground, cheap barbecues on campus will become a rare sight. There's no need to fear though, because campus bake sales quickly become the norm, and cakes and cookies take over.

Most of them are even by-donation, which is why it boggles me that more people don't take advantage of them. Although there are near-free, carb-loaded delicacies sitting not three feet from people's paths, most will walk by, choosing instead to grab a square from Starbucks or a doughnut from their next trip to

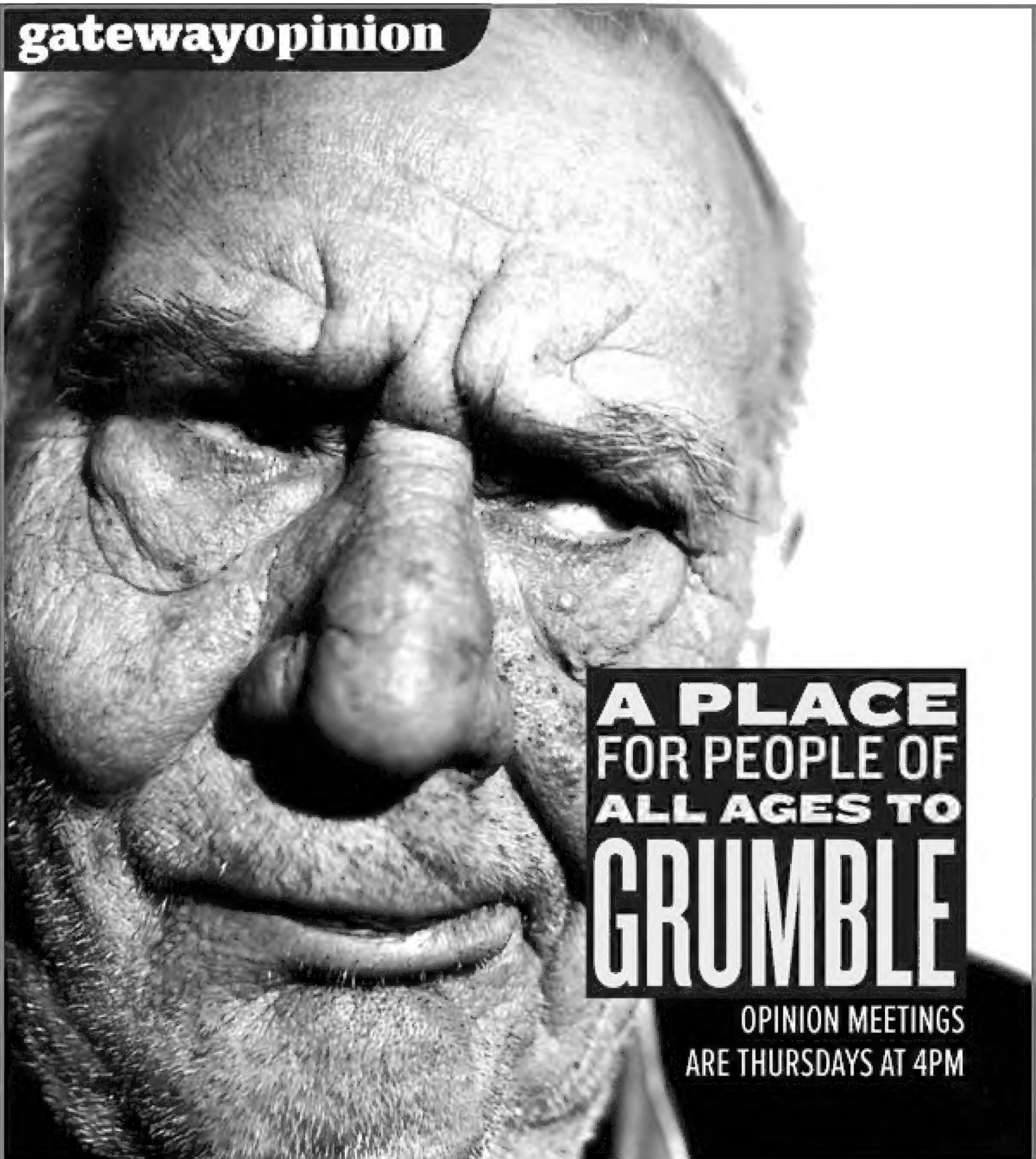
## the marble pedestal

COMPILED BY **Joel Aspden**

As a student, I can't afford to be giving my precious dollars to companies that provide me with crumbs to eat. A four dollar hotdog or eight dollar piece pizza just doesn't cut it during midterm season when my brain needs more energy than a lion. And that's why I love bake sales.

The first snowflakes of winter are

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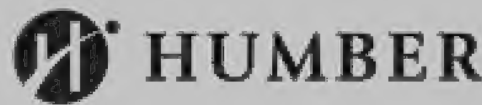


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# Leadership college fails to embody leadership qualities



Navneet Khinda  
OPINION WRITER

The University of Alberta's proposed Leadership College takes the powerful symbol that is Peter Lougheed and his legacy and uses it for what is not a wholly honest purpose. On the surface, it seems great that the university is valuing the tenets of leadership. In reality, this project is exclusionary, it misdirects potential sources of funding, and most importantly, it undermines the spirit of leadership.

The college, which is part of a broader project called the Peter Lougheed initiative, is designed for the top 144 undergrads to promote a culture of leadership. The university's website proclaims that, "As one of the world's top-ranked universities, UAlberta attracts strong students from Canada and beyond. Still, research shows that too many top students leave the province to enroll in competitor schools. Establishing a Leadership College will offer these students added incentive to stay, study, and work in Alberta."

There you have it: it's not really about us, but about making the institution look better in rankings. These are valid concerns for the institution to have, but an Honours or Leadership College doesn't make for an excellent university; it's in the way the university approaches the development of all its students that is the mark of distinction.

There are a number of reasons why this proposal isn't appropriate, the first being it's exclusionary. The college will benefit those who are chosen to participate — they will receive access to "an intense residential experience; international travel and study opportunities; community service learning; undergraduate research; and a lecture series." The counter-argument to this is that by providing all these resources and skills development to students at the top, they

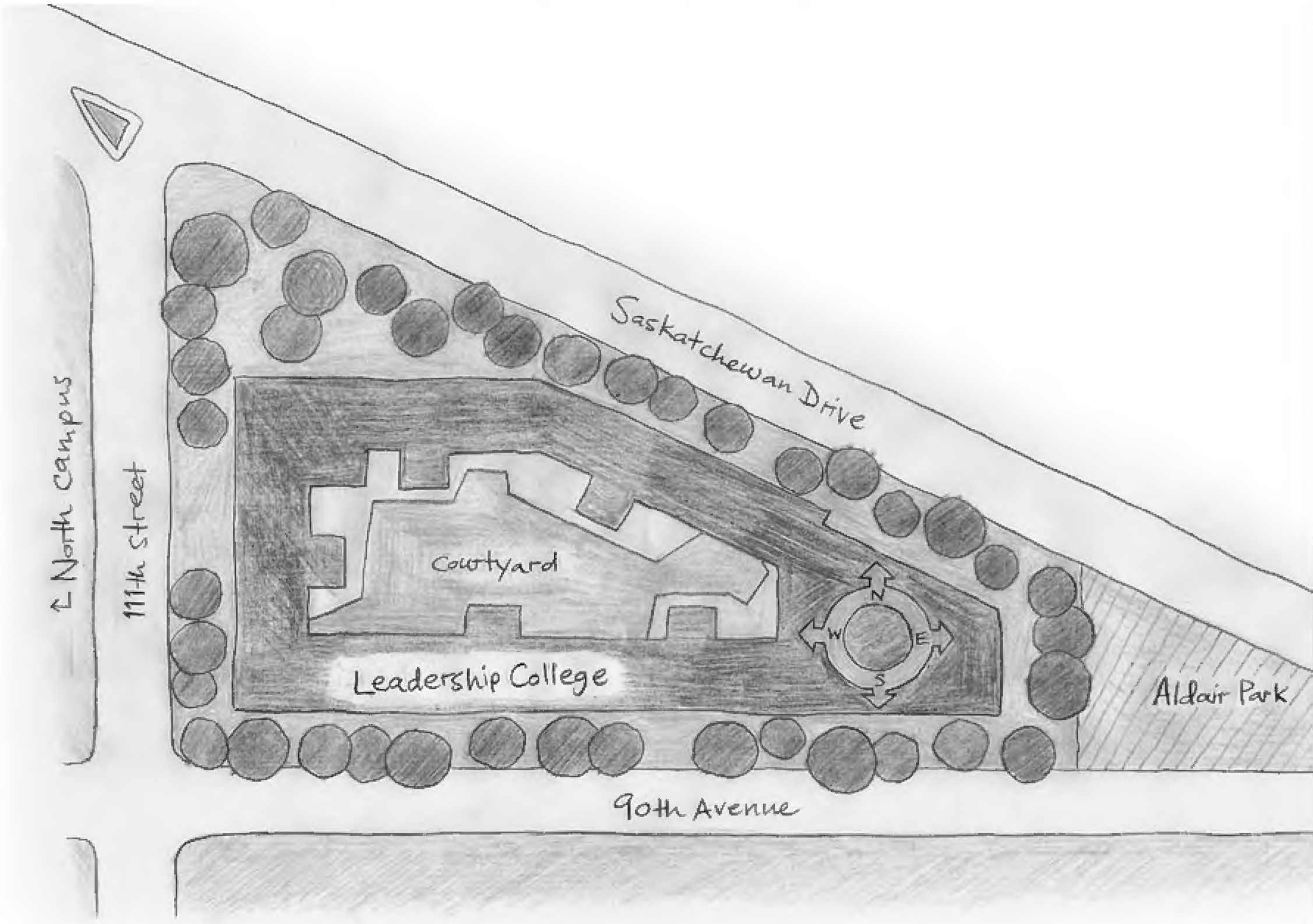


ILLUSTRATION: ANTHONY GOERTZ

will invariably bring them back to their fellow students. This definitely has merit, as some students may go on to organize events and workshops for their peers, but this seems similar to the "trickle-down" theory we all know so well. Sometimes the resources get shared, but most times, they don't.

However, it should be noted that a university is inherently exclusionary, as are honours programs or even other residences such as International House. This is to be expected considering that we live in a meritocracy. It's not that exclusion in and of itself is a negative thing, for that too has its advantages. What we risk though, is creating a further "elitist" subset within an already arguably elite group — that of the student body.

Another problem with the College is that funding is misdirected. Though this program will ostensibly be supported through funds from donors, there are existing programs facing serious funding shortfalls in

the near future. Moreover, they already address all the aspects of residential, international, community and research experiences that this initiative intends to provide. Take the Community Service Learning (CSL) program, for example. This is an excellent program available to all students in the form of experiential learning embedded into course work. Yet it likely won't be around much longer because funding is drying up. This College won't increase the quality of services that currently exist and are readily available to everyone. Instead, it will reward students already doing well by giving them greater access to support and mentorship.

The way the program will choose students isn't representative of what it means to be a leader either. Leadership isn't equivalent to academic ability, nor is it the same as achievement. What's largely missing from the conversation of developing leaders at the U of A is the cultivation

of emotional intelligence. We can't figure out "leadership" by talking to an "expert" from a consulting firm. These skills must be embracing empathy and listening.

The fundamental problem with this proposal is that it's representative of a broader shift: that of capitalizing on "leadership." Housing students in a sexy new building and offering them all these great resources doesn't create leaders. Students will be recognized for their participation in this program by receiving a notation on their transcript. In effect, leadership has now become a commodity. It has become a meaningless buzzword, akin to the "green washing" of so many businesses, officiated by administrations and bureaucracies.

Leadership, at its core, is about what we can do for others, whether that's through leading a corporate team, taking a sports team to championships or empowering an eager bunch of students to make change

on campus. Anything a "leader" does that benefits only themselves is done not out of leadership, but of ambition. It's ultimately about having a sense of respect and responsibility; about appreciating the ripple effects that our actions have.

The U of A won't become a top university by creating shiny buildings. We will be exemplary when we start sending more students around the world; when more of us go to conferences abroad, or participate locally in communities that push us out of our comfort zones and out of the safe bubbles of "leadership programs." The chief cause for concern with this project is this: the graduates of these leadership programs are the so-called elites; they're the ones that will evidently go on to lead governments, institutions and corporations. And yet, if they're not taught essential components such as compassion and responsibility during the process of their development, it's doubtful that we will truly cultivate the leaders we need for the future.

Instead, leadership development should be integrated into course work and the day-to-day lives of all students. It should permeate life throughout campus in a deliberate manner. Fortunately, we don't have to look far for this; the seeds of leadership development already exist. Our university has great student groups and associations, and a multitude of opportunities to get involved. But many of these programs have inadequate funding and could greatly benefit from increased support. If the university advocated for funding to make the programs we currently have truly excellent, then there would be no need for a leadership college, as it would be redundant.

The Leadership Initiative seems exciting at first glance, but it's misguided in its approach and counterproductive in its intent. The proposed initiative reserves inimitable opportunities for a select few and therefore misdirects potential sources of funding. Most significantly, it's antithetical to what it means to embody leadership.

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# Remembrance day break takes the focus off veteran's sacrifice



Jeremy Cherlet  
OPINION STAFF

As a typically lazy university student, I look forward to every day off I get. But the new scheduling of the upcoming fall term break goes too far and deliberately pushes students to ignore Remembrance Day. The university has scheduled the fall break for the day immediately following Remembrance Day, meaning we'll have a long weekend that goes until Tuesday. By creating a so-called four-day weekend, the university administration is choosing ease of scheduling ahead of honouring Canada's fallen heroes.

Among Canada's statutory holidays, only Canada Day is probably more important than Remembrance Day for all Canadians, especially since the Christian holidays of Christmas and Easter aren't celebrated by all members of our multicultural society. Remembrance Day is both an opportunity for thankfulness and reflection, a time to be grateful for those who gave their lives fighting for our peace and freedom. There are numerous memorial events across the country, allowing Canadians to share in the collective experience of remembrance.

Most university breaks have a fairly similar content structure — they begin with high hopes of studying and exercise, but end up being a few days of binge eating, drinking and sleeping in. While the university may not offer courses in good citizenship and respectfulness, the idea of implying that students



LEST WE FORGET I'm getting white girl wasted tonight.

PHOTO ILLUSTRATION: KEVIN SCHENK

should take Remembrance Day as a lazy day off is an affront to Canadian values. Although the university administration probably can't be blamed for the fact that Nov. 11 falls on a Monday this year, they could try and make sure their breaks don't follow days of such great national importance.

The issue of ignoring Remembrance Day is sadly not limited to just post-secondary students with poorly scheduled fall breaks — it's a sign of the wider forgetting of what Remembrance Day stands for. It's almost a certainty that if you were to go to various bars, pubs and basements the night before Nov. 11, you would see a lot of alcohol consumption and very little acknowledgement of what the statutory holiday represents. Instead of

makingabeelineforinebriationand spending Remembrance Day in a drunken stupor, it would be nice if Canadians would give recognition to such an important day.

The forgetfulness of the meaning of Remembrance Day is indicative of the state of Canadian society in general, and the moral condition of our once-upstanding citizenry. While the service of brave Canadian men and women is remembered and commemorated by many every November, the sad fact is that many choose to ignore the meaning behind this day. Simple mistakes and missteps, such as scheduling a break with Remembrance Day in the middle of it, may seem like an innocent oversight, but these mistakes contribute to a culture of ignorance.

# Russia has to step up its spying



Hannah Madsen  
OPINION STAFF

Apparently spying isn't what it used to be, especially if you're Russia. Reports have come out in the last week showing that gifts given to the attendees of September's G20 summit by Russia, which included teddy bears, diaries, USB keys and USB cables, were meant as spyware. More than 300 devices have been identified as having been tampered with, and have the capacity to gather and send back confidential information from users. It almost seems like something from an old spy movie: the teddy bear received from an uneasy ally that, as an audience member, you know isn't just an innocent gift since it's so incongruous. But perhaps the most important thing this whole scheme is telling us is that Russia needs to step up its spying game.

They could take cues from other countries. The U.S. has been in the news recently for spying on their allies, but their allies wouldn't have found out about it as quickly if Edward Snowden hadn't revealed it, and the spying could have gone on for a good while longer. And since Russia already has a paranoid outlook where allies and opposing powers are treated alike, they don't have to take cues from the U.S. in that regard.

As James Bond has taught us, spy gadgets are also great — as long as they're used by spies in their work. Bond is almost never separated from his gadgets, and this is important because gadgets just don't work as well on their own. Plus they're vulnerable to scanning, which is why those 300-plus

devices were caught when the European Union President became suspicious and got experts in Belgium and Germany to scan the gift bags they were given at the summit.

Another thing that Russian president Vladimir Putin should consider is that choosing the right kind of gadgets is key. Ideally, you want things that people would use without suspicion and things that wouldn't stand out.

A USB key is kind of obvious, given its connection to data, and a teddy bear just screams alternative motive. Diaries are something that you should never give out with the expectation that they'll be taken seriously, unless they're being given to kids, and even then it's an iffy choice.

The USB cords are a little better, because it's so common for cords to go missing on trips, and they're much less obtrusive than teddy bears are. That being said, if I were to give out spyware USB cords, I probably wouldn't write anything to set them apart from normal USB cords on them, because then there would be a better chance that they'd get mixed up in the belongings of personnel. At the summit, all of the gifts were branded with the Russia G20 logo on them — a dumb move.

The point here is that Russia needs to climb out of the sandbox of international espionage and take some pointers from other countries. Giving out personal items that are obviously not normal things to give, such as teddy bears and diaries, was a foolish decision to begin with.

They need to develop better plots if they want to get anywhere, and hopefully use sneakier tools too. When all's said and done, that whole event just seems like a scene from a bad Bond movie or a really obvious joke. Nobody would ever take it, or Russia's spies, seriously.



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free

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The wind outside nested in each tree, prowled the sidewalks in invisible treads like unseen cats.  
That's odd, usually the blood gets off at the second floor.  
Don't worry everyone, there's nothing to be afraid of. Except that fog that turns you inside out.  
You can only call small halloween candy fun size, not penises :( butt wiggle  
were you ghosts moaning "Boo" or "Boo-urns"?  
Dear Superheroine,  
We should team up and fight crime Hero crossover?  
PhysEd is the new party faculty. Sorry Mechanical Engineering. The bar has been set.  
Confessing one's love,  
Best left to an amateur,  
The silver screen lies.  
There is nothing sexier than a Ukrainian girl. Finding one I'm not related to however, seems to be a problem.  
Octogenarian gigolo provides best blowjob of career: his mangum opus.  
Who's this Eric guy, and why does everyone hate him so much?  
There was a crossword last week, but not this week. Gateway, you build me up just to let me down.  
';); DROP TABLE 3lf; --  
dicks  
butts

We met briefly at the beer gardens last fall. I see you sometimes in ESB. Where are you now? Sincerely, girl who loves beards.  
UofA Leadership College: \$108 million  
Take from the 31,000  
To give to the 144  
3LF basically saved my life. I love you guys.  
tell us how  
that leadership college needs to never happen. basically saying that 99% of students are just average.  
way to boost self-esteem, indira...  
Guys....it's satire. Chill.  
Dear handsome super villain,  
Cute girl willing to take a walk on the dark side here, as long as I get a cape  
Cute Norway boy in EDPY 301: You are finer than frog hair.  
Name that Pokemon:  
It's Pikachu! It's Clafairy!  
FFFUUUUCCCKKKK  
I wish girls were less shy and more proactive with dudes...\*sigh\*  
man up  
To the asian girl with a really annoying voice in Cameron Basement: PLEASE KEEP QUIET AND GO SOMEWHERE ELSE IF YOU WANT TO TALK TO YOUR CLASSMATE ABOUT A PROBLEM YOU HAVE IN CLASS! IM HAVING PROBLEMS BECAUSE OF YOU HERE!  
You're a moron

Don't give me that "no-shave November" bullshit. It's Movember, you jerks.  
Oh beautiful snow,  
Descending from the heavens,  
A blanket of peace.  
Fuck this time for plan B. Dropping out of school and becoming a stripper.  
I starve myself when I'm stressed-on purpose. It makes me feel more disciplined and in control.  
Hay cutie pie :3 <3  
Smile. The snow brightens up things.  
Go and find it with someone new  
The rectum is for pooping only.  
cherish your years in school.  
i just got out and miss it like heck!  
Midterms are over. Moonshoes off cliff. Backflips into sunset.  
I don't care about her anymore... definitely don't care about her... I CARE ABOUT HER  
Crack is fucking wack  
Cameron computer users: stop installing shit on the systems, pls kthx.  
Cute gay education student orgy in ED S 303 from 2-8pm on November 16. Be there or be square.  
I wish I had friends.  
I am no fucking genius! For Jesus's sake, stop telling me that. It is annoying.  
Does anyone play Tribes?  
labia

Who is the most pretentious asshole in HUB? Any nominations?  
Considering how long HUB mall has been around, they should have installed passing lanes by now.  
Hi :)  
You work those heels girl. Strut yo' stuff into this midterm like it's no ones business. Work it girl.  
Mmmmmhmmmm three snaps in a D formation.  
Unknown is a complete rip-off of the Bourne Identity. But Liam Neeson is a fucking bad-ass so it's okay.  
kalopsia  
Here's a fun fact, I've seen you naked.  
Please put a TacoTIME in HUB  
Sometimes when I am running to catch the LRT, I pretend there are zombies chasing me and if I don't catch it, I'll be eaten. Helluva way to spice up your Tuesday.  
I'd like to Dr. your Horrible  
I remember when I was the fresh meat.  
Attention Cameron Library: If you want to talk, please go to the 1st or 2nd floor. The rest of us are trying to study.  
Localized muteness,  
Admirations from afar,  
For she's the cutest.  
to the girl who likes my poster, come back and let's talk about it :)  
I'm trapped in a box and I don't know how to get out.

Charming 1960s advertising executive seeks cute female secretary. Must be willing to work nights.  
We are united by drifting alone. This is the army of none - got no flag, got no home  
These eloquent words,  
In my attempt to woo you,  
Are not getting through.  
It's all my head I know. Or so they tell me so.  
I told you to do what you had to But really, a 3LF apology doesn't make up for anything.  
Stand perfectly still.  
Undeniably smashing,  
Nigel Thornberry.  
Well, I don't know time it was — I don't wear a watch.  
If you're balding, just own it dude. I know it sucks but we'll get through this together, man  
There's special place reserved in hell for filthy degenerates who hock loogies into shower stalls. I know who you are and I'm coming for you.  
You're all pieces of shit.  
I give up, you win.  
Fuck my wishes and my dreams, It's all about you.  
It's good to be me  
You know the hour's late. Don't let 'em in your head.  
The Gateway reserves the right to refuse publication of any 3LF it deems racist, sexist, libellous or otherwise hateful in nature.



# Honour killing bus ad conveyed a message worth considering



**Cole Forster**  
OPINION WRITER

Last Tuesday, placards addressing the issue of honour violence in the Muslim community were taken off of five public buses by city ETS after a public outcry. Despite the rather tepid nature of the ads, the Muslim community felt compelled to decry them as bigoted pieces of propaganda — though in the end, it seems the only effect this overreaction had was to trivialize the actual issue: honour killings.

Paid for by the American Freedom Defense Initiative and Stop Islamization of America, the ads identify honour killings as a predominantly Islamic phenomena and offer support to girls and women who might be caught in the midst of a violent situation. At the top of the ads are the portraits of young women slain by their family in crimes understood to be honour killings. Below are the words, “Is Your Family Threatening You?” and “Is There A Fatwa On Your Head?” An offer to help is also included, and at the very bottom, in compliance with Canadian advertising standards, the sponsoring group is identified by name and contact info is given.

City Councillor Amarjeet Sohi was quick to condemn the ads, calling them “racist.” Now, either the councillor misused the word, or he’s unsure of its precise meaning. Racism would imply that the ads make

an attempt to persecute people for their distinct ethnicities. Based on the language on the placard, it seems the people behind it are trying to identify honour killing as a distinctly religious issue, not an ethnic one.

There’s a valuable distinction to be made between people who come from Islamic majority countries and Muslims. The latter doesn’t make any references to geography or ethnicity, but rather describes adherents to an ideology. And indeed, the ads target a religion, a way of thinking — not a group of people who look a certain way or speak a certain language.

In our society, which holds so dearly the principle of free speech, there’s no need for this overdone political correctness. The sponsors of the ad have every right to display their sentiments as long as they meet the financial and transparency requirements. They contravened no law of poor taste by identifying honour killings as a predominantly Islamic phenomena. In fact, on this point, it seems the ad is correct and Sohi is terribly confused. Shortly after the placards were removed, the Ward 12 councillor stated in an *Edmonton Sun* interview, “Honour killing is a serious serious concern, but it exists in many other communities.” That statement is a very plain attempt to ignore the fact that there is a problem facing the Muslim community. Honour crimes occur with the highest frequency among adherents to Islam, and diffusing this reality by describing honour killing as occurring in a variety of communities stalls progress. To be

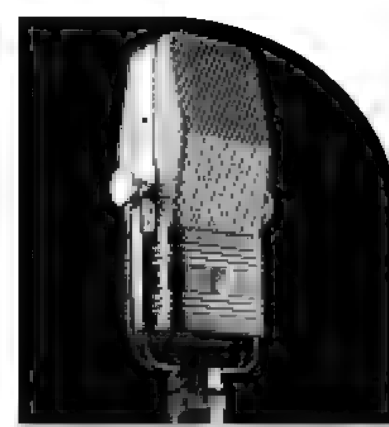
sure, domestic violence is a problem whatever the motive, but these ads happen to concern themselves with a special form of it.

**■ In our society, which holds so dearly the principle of free speech, there’s no need for this overdone political correctness. The sponsors of the ad have every right to display their sentiments as long as they meet the financial and transparency requirements.**

The message could have been delivered in a more diplomatic way, and admittedly, the ad’s “Fatwa” comment was unfortunate. There was no reason for the sponsors to include such an inflammatory word, and one which they knew wouldn’t strengthen their position. Nonetheless, we should defend their right to say it with all the vigour our society can muster.

In its essence, the ad attempted to extend a hand of support to girls and women who might be in danger. Most importantly, allegations of racism and bigotry are misplaced because as they fail to describe a message that is ultimately anti-Islam, not anti-Muslim.

# Lipstick feminism misses point



**Mim Fatmi**  
OPINION WRITER

Lipstick feminism started off as a pretty cool thing. After the age of androgenized feminism that required women to get buzz cuts and cargo pants, it was the first time a woman wasn’t demonized for wanting to embrace her femininity. More importantly, it was women taking ownership of their decisions, which is really what feminism is about.

After first-wave feminism established women’s basic human rights, second-wave feminism fought for other forms of equality such as equal pay in the work place. Third-wave feminism blossomed in the 1990s, and sometime within the last few years, a branch of third-wave feminism called lipstick feminism was born.

Lipstick feminism proposes that women can be empowered through the use of makeup, stilettos, suggestive clothing and being sexually open or promiscuous. It proposes that women should exploit their sexuality if it can benefit them socially or in the workplace.

We see this belief through the young women of Instagram and YouTube, obsessively perfecting their winged eyeliner and believing that they’re contributing to the feminist cause in so doing. These women detest the kind of boyfriends who say, “I like it better when you don’t wear makeup,” because how dare he insult the face she spent hours creating. It’s also no accident that most lipstick feminists are in their

20s and early 30s, unmarried and at their physical prime. The problem with this is that women continue to be reduced to their physical appearance without any acknowledgment of their brilliant minds and personalities.

In the face of the mega-industry of pornography exploiting women’s bodies and a world where human sex-trafficking is the inevitable fate for some, this brand of so-called feminism really boggles the mind. It’s truly upsetting to watch women continue to believe that their physical appearance is the key to their success, and it completely undermines the work of our true feminist foremothers. In her book *Feminist Chauvinist Pigs*, Ariel Levy writes that women of this era have internalized the male gaze to the extent that they’re willing engage in self-objectification.

This issue runs a lot deeper than whether or not a feminist can wear makeup. The issue is that some women are convinced that they aren’t worth being recognized for their other achievements. It remains to be seen how young girls will find inspiration to pursue meaningful careers when they’re told that their sexuality is a stronger tool than their intelligence.

Feminism seems to be going in a downward spiral in our era, and backwards-thinking feminist groups aren’t doing much to change the opinion of that.

While these pro-sex lipstick feminists aren’t quite as deranged as radical feminists, they seem to be cancelling out decades of recent feminist work, and with the number of bigger problems facing women today, they consistently miss the mark of what we should be worrying about.

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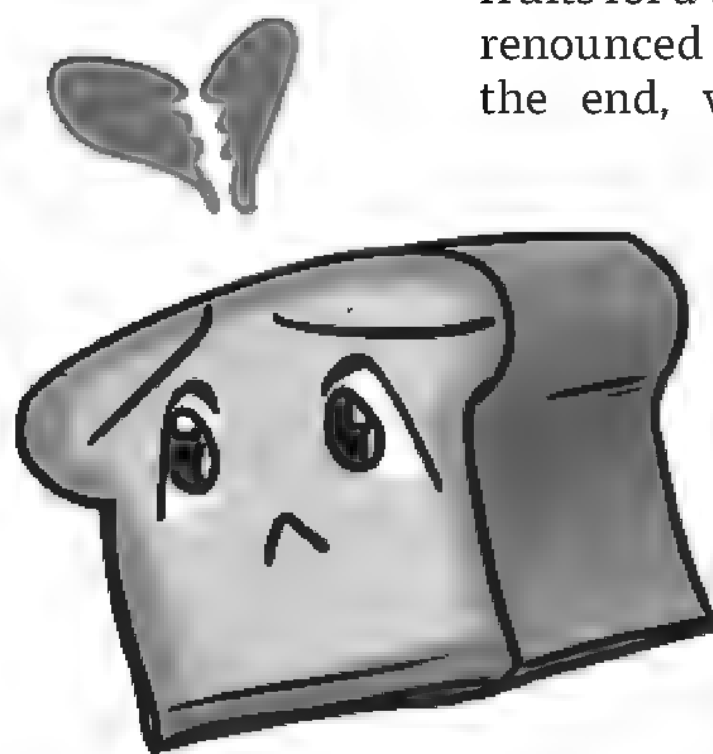
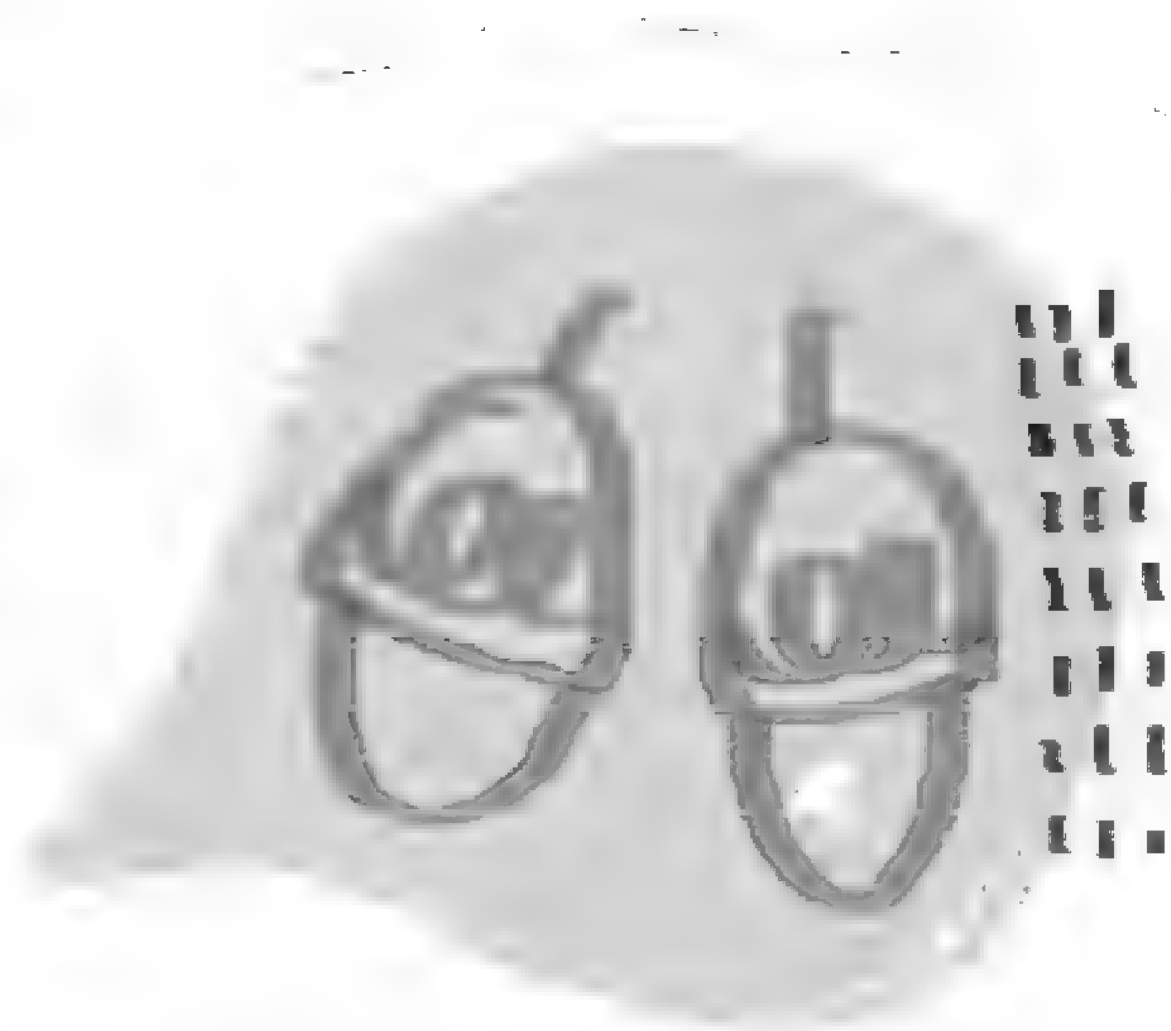
# MIND OVER PLATTER

## Gluten-free and paleo: the newest dietary fads

WRITTEN BY  
Sarah Lazin

ILLUSTRATIONS BY  
Jessica Hong  
& Stefano Jun

DESIGN BY  
Anthony Goertz



### It's Friday night.

You and your friends are trying to order a pizza. The first request, pepperoni, is quickly rejected by not only your vegetarian friend, but also by your friends who have renounced eating pork due to their religious orientations. As you work your way through the menu, every flavour of pizza is rejected for one reason or another, right down to your vegan friend wanting a cheese-less pizza and your celiac friend requesting a gluten-free crust. Yet another one of your friends sits quietly to the side, claiming that since he's on the paleo diet, he can't eat pizza at all.

This scene is a familiar one to many Canadians. Within the past number of years, dozens of fad diets have come and gone, leaving the waistlines of Canadians yo-yoing up and down. In the eternal quest for happier, healthier and longer lives, people have eaten nothing but grapefruits for a week, or completely renounced carbohydrates. In the end, vegetarianism and veganism have become the most popular of alternative lifestyle choices, for both health and ethical reasons. But in

the past 10 years or so, gluten-free and paleo diets have been quietly usurping the vegetarian and vegan domain. Once the most popular alternative diets, they're now falling by the wayside as celiac disease and gluten sensitivities cause a spike in gluten-free living.

Debbie Pietsch, a dietician at the University of Alberta, is an expert in celiac disease and gluten-free diets, and defines celiac disease as the body's autoimmune response to wheat. While that may sound easy enough to understand, there's often confusion around the term due to the tendency of some to confuse it with gluten sensitivities. The problem with that, Pietsch says, is that these terms are often used interchangeably. In doing so, the serious nature of celiac disease can

When a celiac eats wheat — there's gluten in other grains as well as wheat — it triggers the immunoglobulins that basically attack your gut, so they damage (it) ... Whereas somebody who may be gluten-sensitive can have sometimes similar reactions to a celiac person, but they don't have that autoimmune response.

DEBBIE PIETSCH  
DIETICIAN, UNIVERSITY OF ALBERTA

be overlooked as nothing more than an intolerance.

"When a celiac eats wheat — there's gluten in other grains as well as wheat — it triggers the immunoglobulins that basically attack your gut, so they damage (it). So the surface area of your gut is basically damaged when (you) eat wheat, whereas somebody who may be gluten-sensitive can have sometimes similar reactions to a celiac person, but they don't have that autoimmune response," she explains.

Pietsch admits there's some frustration surrounding the fact that one in seven people with celiac disease don't have any symptoms, and yet, for the majority of cases, it's the symptoms that drive people to the doctor to try and figure out what's wrong. The most common

symptoms of celiac disease are gastro-intestinal symptoms including bloating, abdominal pain, constipation and diarrhea, though Pietsch says other symptoms can include joint pain, headaches, fatigue and a general feeling of being unwell.

"That's sometimes what's hard with those symptoms, is that they can be the same symptoms for Irritable Bowel (Syndrome as) for a gluten sensitivity," Pietsch says.

"There's lots of overlap with the gastro-intestinal symptoms, but people who think they have celiac should obviously be tested because that's a lifelong commitment to eat

gluten-free. If you may be sensitive to gluten, it won't cause the same serious effects to your gut."

The Canadian Celiac Association estimates that "1 in 133 persons in Canada are affected by celiac disease." But Pietsch has found some different numbers through the university's work.

"Some of the newer research coming out of the U of A (estimates that) it may be closer to 1 in 100 people (who) have celiac disease," she argues. "So it is increasing ... The National Institute of Health (estimates) that over the last 25 years, it's doubled."

Despite the hundreds of thousands of Canadians afflicted by celiac disease, the Canadian Celiac Association maintains that while there's no cure for celiac disease, it can be managed through a gluten-free diet.





## Taking the plunge

**A**isling Corbally, a nutrition student at the U of A, is currently waiting on the test results that will determine whether or not she's celiac. She's been eating a gluten-free diet for just over a week now after experiencing some symptoms of her own, and is already noticing a change in her mood and stamina. Corbally claims to have more energy and feels better all around, even noting that she feels happier since leaving gluten behind.

But that's not to say the switch to a gluten-free diet hasn't been challenging for her, especially given her status as a student.

"It's been hard, really hard. Considering that it's only been a week, I'm really hoping that I get good test results, because I don't know what

I'm going to do," Corbally says. "It's hard because, especially with school, I always make sandwiches or wraps and it's hard just bringing salads all the time. The other day, I just wanted some carbs. I really just wanted bread or something to take the hunger edge off ... and just looking around my house, I (feel) like I can't eat anything."

In addition to the convenience of wheat products, Corbally also misses the prices of regular bread products. She's found that gluten-free products, specifically the replacement breads and carbohydrates, are substantially more expensive.

"(Gluten-free food costs) so much more," she exclaims. "I mean, I've only done one shopping trip but I just picked up one pack of bread to try, which is gross in comparison, and it's so much more expensive. I've heard they do subsidize a little bit, but apparently it's not nearly enough, and I can see that because it's much more

expensive."

Corbally's concerns about price aren't unfounded; a 2008 study published in the Canadian Journal of Dietetic Practice in Halifax estimated that the price of gluten-free products was 242 percent higher than the prices of regular products. Pietsch says the study was recently redone: "I just saw the abstract just recently, in the last six months, and (the) new research says that it's about 162 per cent higher. So we are seeing that closing of gaps, but it is still more expensive."

The experience of trying gluten-free living has impacted Corbally's life in both negative and positive ways over the last week, and if given the option, she would go back to eating some wheat, but not as much as she had before.

"I think I would find the in-between ... It would be good to find the balance. I think I'd just eat less gluten, but not necessarily cut it out, because it's difficult to cut out entirely."

## To paleo or not to paleo

**T**he paleo diet — also known as the "caveman diet" — suggests that by adopting the diet of our ancestors who hunted and gathered their food way back in the Paleolithic Age, we can optimize our health. The logic behind the paleo diet is simple: the people of the western world suffer from conditions and diseases that didn't exist prior to the mass consumption of processed and refined foods. The hope is that by returning to a pre-civilization diet, diseases like heart disease, obesity and acne can be reduced so as to promote longer, healthier and happier lives.

In an attempt to return to simpler times, the paleo diet steers clear of grains and dairy products, as well as refined sugars and processed foods. Instead, their diets would consist of grass-fed — not grain-fed — meats, fowl, fish, eggs, nuts, fruits and vegetables. Essentially, if our hunter-gatherer ancestors 10,000 years ago couldn't eat it, then neither should we. That's not to say this is a raw diet though; paleo food can still be

cooked, boiled, baked or barbecued — just not deep-fried.

Austin Kitson has been on the paleo diet for two years, and so far he hasn't "had any major quarrels with it." A fourth-year marketing major in the BBA program at NAIT, he was convinced to try the diet by his family.

"My dad has always struggled with his weight, and he brought it about to me and showed me the logic behind (the diet)," Kitson says. "It just made sense, looking at the way we used to eat, (especially) when you think of what the cavemen used to eat ... and (their) average life spans. Nowadays, of course, it's much longer than a caveman's would have been, but when you looked at what killed the cavemen, it's usually that they'd get injured or things like that; not something you can cure with medicine. But if they were smart enough and could have avoided all of those injuries, then they were actually likely to live just as long as we do now."

But while this logic may seem sound to paleo followers, it troubles dietitians like Pietsch.

"The belief with the diet is that biologi-

cally, our bodies did better with this type of diet," she says. "Unfortunately, there's not great research to show that our genetics are still the same as they were 10,000 years ago, or our physiology, and whether or not it's still the same."

After switching to paleo, Kitson says he feels "a lot more alert and a lot more in-touch with what I'm doing. Before, I was kind of like a zombie, that's how I would feel, and now it's a lot different. It's kind of weird."

But just as with the gluten-free diet, feeling better sometimes comes with a price — literally. Eating organic produce and organic, grass-fed meats comes with a high monetary cost, and eating out has proven to be even more expensive. Kitson's found fast food places to be the most difficult to deal with while on the paleo diet, while restaurants tend to be a bit easier.

While not everyone is prepared to give up pizza or leftover Halloween candy, an increasing number of curious university students are giving paleo a shot. With two years of experience on the diet under his belt, Kitson has a few words of wisdom for anyone looking to give it a try.

"Don't go full-blown at the beginning," he warns. "The biggest thing that I would recommend to anyone who wants to get a little bit healthier or lose a bit of weight is trying to cut out the amount of wheat you consume ... We build up a tolerance over time, so if you went full-blown paleo at the beginning and then all of a sudden you switched back and thought, 'I'm going to eat all of this wheat,' then you'd feel like crap, because it's just a big difference. Ease into it, I would say."

Despite his devotion to the diet, Kitson keeps an open mind to the whole process. He understands that the paleo diet "might expand and evolve, because it's not a perfect science ... you have to take everything with a grain of salt."

## But is it the right choice?

**S**o which of your friends — if any of them — have chosen the healthiest alternative diet? Each fad diet comes with its own set of promised benefits, but many end up falling short on delivery. And of course, while a gluten-free diet is mandatory for a celiac, it's not necessarily beneficial for most people.

Pietsch explains that there are some downsides to going gluten-free since gluten is one of the ingredients in bread products that provide us with the softness and moisture retention that most prefer. When gluten is removed from products, the food producers have to compensate by adding more sugar, salt and fat in order to improve quality and shelf life.

The other problem with a lot of gluten-free products is the use of very refined flours. White rice flour, for example, is very refined and doesn't con-

tain any fiber. Pietsch suggests that when it comes to the highly refined alternative flours, you would actually be better off eating bread with gluten in it because you would have the benefits of the fiber and the whole grain.

"If you were to eat wheat and you ate well, there would be no benefit to go gluten free" Pietsch remarks. "If you go on a gluten-free diet because you think you're being healthier — so it may just be the average person, somebody (who) thinks that 'I'm going to go on gluten-free because I'm going to lose weight because I read the *Wheat Belly* book,' — there's no documented health benefit to that."

While eliminating certain foods may boost energy and mood, there are also inherent risks in eliminating entire food groups. The paleo diet goes a few steps further than simply eating gluten-free by eliminating two entire food groups from the Canadian Food Guide, which can be detrimental to some people's

health. Pietsch warns that by eliminating milk and alternatives, for example, you have a much higher risk of being deficient for calcium and vitamin D. In fact, many paleo diet followers, Kitson included, have to take Vitamin D supplements. These deficiencies may not have been a problem for cavemen as the original followers of the paleo diet, but it's a serious concern for us nowadays.

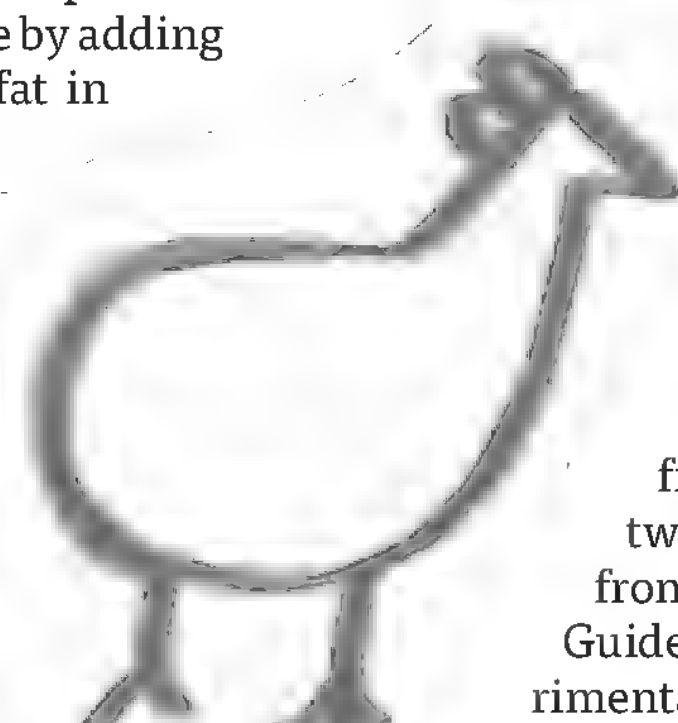
"If you think back 10,000 years ago, people were hunting and they were outdoors all the time, so the incidence of Vitamin D deficiency would be very low," Pietsch explains. "But we don't work outside anymore. We don't harvest our crops outside, so we're not outside, so there is no sun conversion of Vitamin D."

So were our parents right all along? Is "everything in moderation" the key to healthier living? Whether you're on a vegan, vegetarian, paleo or gluten-free

diet, there are inherent risks involved. Pietsch suggests that a gluten-free diet can be just as healthy as a regular diet, assuming you balance your nutritional intake appropriately. As for the paleo diet, the jury is still deciding whether or not you can balance your intake enough to end up without deficiencies. Ideally though, no matter which alternative diet you're trying, you should work with a dietician to make sure that you're balancing your intake and minimizing all potential risks — assuming they're still around, that is.

"There are always going to be the choices. We hear about different diets (and think), 'Is this a fad?'" Pietsch remarks. "If I had to rate them, I'd say gluten-free, then vegetarianism, then paleo of being of interest areas for people, but again, that may change in five years ... I mean, vegetarianism has been around for a long time and if it's due to person belief, then that'll always be there."

"(Gluten-free and paleo diets are) popular, but whether they'll still be here in five years remains to be seen."





# Arts & Culture

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A & C meetings Wednesdays at 4 p.m.  
in 3-04, SUB. C'mon by!

## social intercourse

COMPILED BY **Jennifer Robinson**

### Carrie: the Musical

Based on the novel by Stephen King  
Music by Michael Gore  
Lyrics by Dean Pitchford  
Book by Laurence D. Cohen  
Runs until Saturday, Nov. 9 at 7:30 p.m.  
John L. Haar Theatre, Grant MacEwan  
(10045 156 St.)  
Tickets \$15 for students, available at  
tixonthesquare.ca

With Halloween behind us and November just beginning, the Christmas season is rearing its head. But if you don't want to accept that Halloween is over and that you'll have to wait another year for your dose of spooky, then MacEwan University's musical adaptation of *Carrie* is the show for you. Based on the classic horror movie and novel by Stephen King, the musical originally opened in 1988 in Stratford-Upon Avon, hitting Broadway later that year. Much like the movie before it, the musical about a lonely, awkward teenage girl with telekinetic powers and an overly religious mother has become a cult phenomenon. Presented by the university's Theatre Arts and Theatre Production programs, it's a show for Broadway buffs, fans of the movie who want to see the musical and those just interested to see if they'll actually dump a bucket of blood on someone onstage.

### Hey Romeo

Saturday, Nov. 9 and Sunday, Nov. 10 at 9 p.m.  
Casino Yellowhead (12464 153 St.) and Casino  
Edmonton (7055 Argyll Rd.)  
Free admission

The 2011 and 2012 Canadian Country Music Association's "Group of the Year" is returning to their hometown for a two-night engagement at local casinos. Hey Romeo, who was last in Edmonton for the CCMA awards in September, has been climbing the Canadian country music ladder since the release of their debut album in 2007. The country trio brings a bit of a rock sound to their music, and their use of harmonies gives them a Fleetwood Mac sort of feel. With the launch of their third album *Twist of Fate* and multiple awards and nominations under their belt, the group is back to prove they've earned the Group of the Year title two years in a row, and deserve the win for their nomination for the 2013 award.

### Body Awareness

Wednesday, Nov. 6 – Sunday, Nov. 24 at 7:30 p.m.; Saturday and Sunday matinées at 2 p.m.; (no Monday shows)  
Varscona Theatre (10328 83 Ave.)  
Tickets \$21 for students, available at  
tixonthesquare.ca

The Canadian premiere of acclaimed Annie Baker play *Body Awareness* will take place in Edmonton this week. Baker is an up-and-coming American playwright who has been called "one of the freshest and most talented dramatists to emerge Off Broadway in the past decade" by a reviewer in the the *New York Times*. Set in Vermont, the plays tells the story of Phyllis and Joyce, a couple who offers accommodations to a guest artist in town for the local college's body awareness week. The artist, a famous painter known for his depictions of nude women, drives a wedge between the couple with his eccentric beliefs and overwhelming presence in their home. Throw in an adult son with Asperger's and a whole lot of nudity, and you have the ingredients for an interesting night out.



SUPPLIED: IAN JACKSON

## Pig Girl approaches controversial subject matter of Pickton murders

### THEATRE PREVIEW

#### Pig Girl

**PRESENTED BY** > Theatre Network  
**WRITTEN BY** > Colleen Murphy  
**DIRECTED BY** > Bradley Moss  
**STARRING** > Randy Hughson, Nadien Chu, Brian Dooley and Elinor Holt  
**WHEN** > Runs Thursday, Nov. 7 Sunday, Nov. 24 at 8 p.m., Sunday shows at 2 p.m. (no shows on Mondays)  
**WHERE** > The Roxy Theatre (10708 124 St.)  
**HOW MUCH** > \$21 for students on weekdays, \$25 for weekend shows; Tuesday is 2-for-1 night

#### Sarah Culkin

GATEWAY WRITER • @SAERRAHS

There's an expression that says, "Art should comfort the disturbed and disturb the comfortable." Lucky for us, just beneath its surface, the Canadian theatre scene has proved supportive for raw, unapologetic productions that do just that. The latest advocate for the cause of daring theatre is *Pig Girl*, launching its world premiere with Theatre Network this week.

Loosely grounded in the events surrounding the trials of Robert Pickton, a British Columbia serial killer serving a life sentence for murdering sex workers, this latest work by Canadian playwright Colleen Murphy tells a version of the controversial story: a woman, kidnapped by a serial killer and held on a secluded pig farm, tries to escape while her sister and a police officer try to rescue her.

According to Murphy, the play was written out of anger and the desire to give a voice to the silent women — sex workers and substance abusers — who go missing without a sound, and are similar to those Pickton preyed upon.

"One of the triggers for the play was when the judge convicted (Pickton) on six counts, and didn't want to have trials for the other 20 women who had been murdered," she says. "It's like the women were silenced once again."

"It's the whole notion that a writer, a playwright, can let the dead speak."

The woman at the centre of the play is a combination of fact and fiction: the premise is rooted in reality, but the characters and events all came from Murphy's imagination. It's a challenging world to immerse oneself in and write about, but she explains that she tried not to censor herself creatively while exploring the history of the brutal murders. Though the subject is hard enough to talk about, much less experience in artistic reality, she felt compelled to follow through with the project despite possible backlash from audiences.

"I think people will have their own reactions," she says. "It's a pretty raw examination of the situation, so people will feel what they feel. People may feel angry — they might leave, they might not. They might go on the journey. It's hard to tell."

The fact that Edmonton is playing host to *Pig Girl*'s world premiere is no accident. Murphy has spent a lot of time here in recent years, running the Citadel Theatre's Playwright's Forum with Brian Dooley and getting to know artists in the Edmonton area. She notes in particular Bradley Moss, Theatre Network's artistic director and the man who directed this show as well.

"We've worked very closely together since the beginning. And he often asks for my opinion, and that's just grand," she says. "I think the premiere of a play is often the playwright's production."

"There's a level of collaboration in the first production, and articulation by the playwright as to what they had in their mind, what they envisioned. Subsequent productions are open to other people's interpretation, and so

it should be. A good play should stand up to interpretation."

On top of the professional friendships formed here — both Brian Dooley and University of Alberta BFA alumna Nadien Chu are featured in the production — Murphy credits an attraction to Edmonton because of the Theatre Network, specifically. Choosing where to host the world premiere of a show, especially one of contentious content and a strong vision from the playwright, is no easy decision.

**"One of the triggers for the play was when the judge convicted (Pickton) on six counts, and didn't want to have trials for the other 20 women who had been murdered. It's like the women were silenced once again."**

COLLEEN MURPHY  
PLAYWRIGHT, *PIG GIRL*

The independent Theatre Network, formed in 1997, has made an unwavering commitment to contemporary theatre that takes risks, both in form and content. With an artistic track record that includes last year's production of *Where the Blood Mixes*, Murphy explains that their intersection of familiarity and fearlessness was the perfect fit for the controversial *Pig Girl*. She acknowledges that characters like her protagonist — a dying girl trying to escape — are easily shied away from, but whose lives tell a story of strength and valour that shouldn't be silenced.

"The dying woman in this play — I believe she's heroic," Murphy says, pausing before adding, "She fights for her life in the same heroic manner a Roman Gladiator would fight."

## 40 Below authors highlight the beauty, brutality of local winters

### BOOK REVIEW

#### 40 Below: Edmonton's Winter Anthology

**WRITTEN BY** > Multiple authors  
**PUBLISHED BY** > Wufniks Press

#### Sophie Neveu

ARTS & CULTURE WRITER

When Benjamin Franklin said, "In this world nothing can be said to be certain, except death and taxes," he was probably right — except in Edmonton, snow and cold are just as inevitable. At the very least, it's certainly fitting that the city received its first snowfall of the season just in time for the release of Jason Lee Norman's anthology, *40 Below*.

The book is composed of poems, short stories and personal recollections about winter in Edmonton and all that living in this frozen city entails. *40 Below* imparts a friendly authenticity, a result of its authorship by multiple local Edmontonians who've experienced the city's sub-zero months firsthand. Ranging from well known and established writers to creative writing students, the authors demonstrate genuine understanding of the frozen city.

The book's literary pieces present varying outlooks on winter: the romantic, magical aspect demonstrated in Wendy Davis's personal reflection "Cross Country Skiing to Work;" the dreary, depressing reality Diana Davidson describes in her short story "Sirens;" and the acceptance of the inevitable, exemplified in "Memories of Winter in Edmonton" by Esmeralda Cabral. Together, the authors provide an accurate understanding of the weather Edmontonians have such strong feelings toward and a wide range of insight into the longest season of the year.

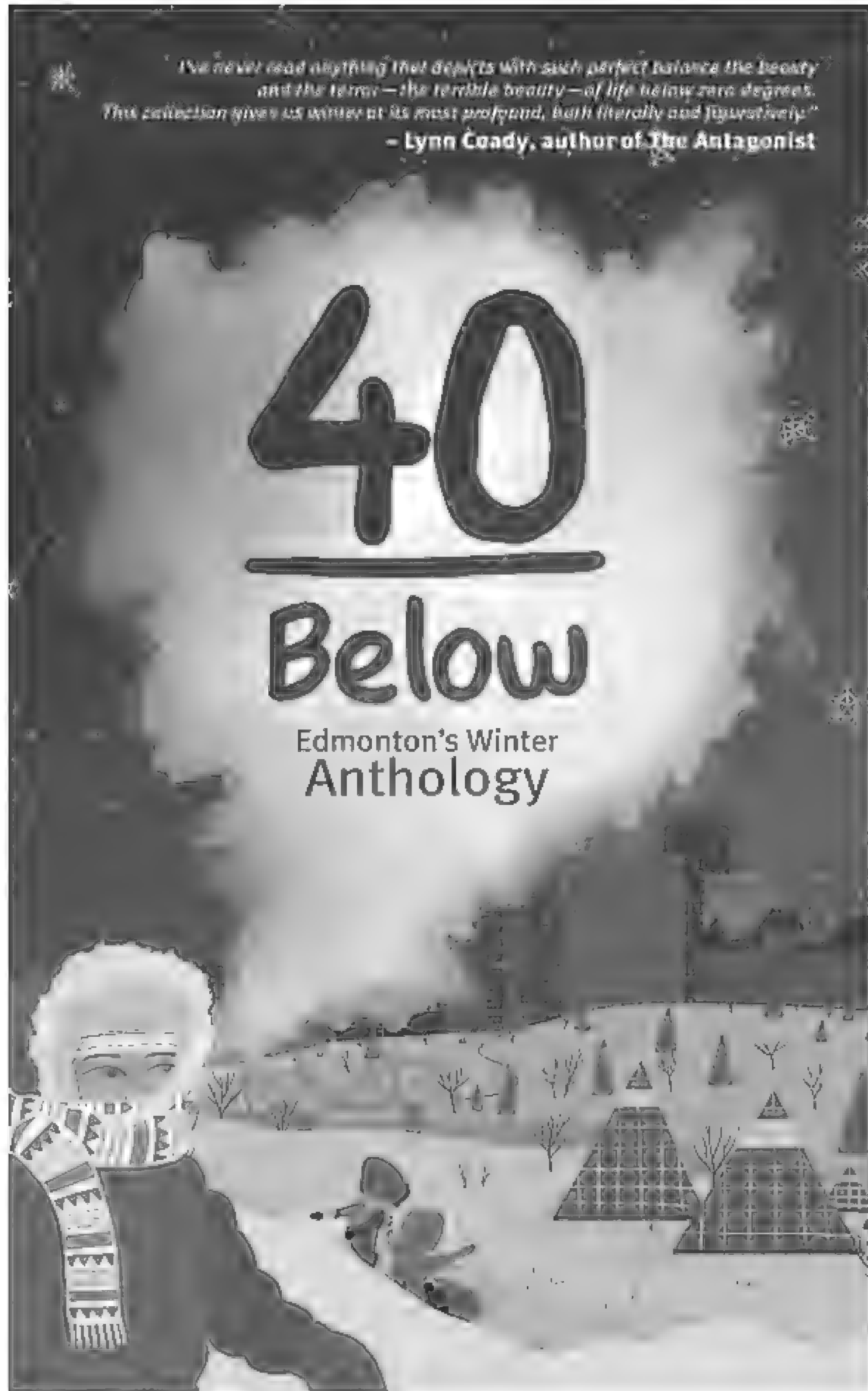
A highlight of the book is hearing an African immigrant's story — "My First Winter" by Amir Bahrūn — of going out in the snow for the first time and the powerfully beautiful yet haunting impression it left on him: "I closed my eyes for a brief moment, imagining as if the Arctic were inside the city of Edmonton."

Another notable piece is the poem "Joy of Winter" by Garry Garrison, which celebrates the fact of being alive despite the freezing temperatures, and helps put the "problems" of winter into perspective.



**MIXED FEELINGS** *40 Below* wanders through the wistful and wretched feelings Edmontonians have about winter

KEVIN SCHENK



SUPPLIED

At times, some of the works lack originality; after all, who hasn't ranted about winter and freezing their toes off at some point? But the nostalgia that pervades the depictions of classic Canadian moments overrules redundancy. The familiar references to pond hockey and tobogganing at what feels like a million below zero and vivid imagery provide refreshing insight into what the season represents for locals in Canada's most northern metropolis city. Further, the varying formats of the pieces in the collection allow readers to jump between narrative styles, preventing boredom or repetitiveness. The poems and stories are interspersed together, but since each piece is independent of one another, they can be read in any order.

Gregory Ramshaw sums up the book best with his recollective story detailing his conflicting emotions after moving from Edmonton to a more summery climate. For

Edmontonians — both those born and bred and those transplanted to the city — the winters are what we've come to know and expect, and are built into our personalities. If we're not acclimatized, we're at least accustomed to it, and for those like Ramshaw who leave, there's a nostalgia for the familiar city chill. The book serves as a reminder of the ways in which the season shapes both our city and our lives throughout a good portion of the year, and addresses the ways the winter spirit unites our city. As we can all identify with it, the book earns credit when the audience can fully embrace the cultural aspects discussed, but it'll likely lose points for readers from outside our city who can't relate.

Sometimes a love letter to the city many of us call home and occasionally a voice of our inner pessimist, *40 Below* offers us a chance to see the season in a different way than that of our own personal opinion.

## fashion streeters

COMPILED AND PHOTOGRAPHED BY **Christina Varvis**



**GATEWAY:** Describe what you're wearing.

**MICHELLE:** Today I'm wearing leggings and boots, because it's cold and slippery outside. I'm also wearing this burgundy sweater layered over another shirt to keep me warm, along with my leopard scarf.

**GATEWAY:** How would you describe your style?

**MICHELLE:** I'd say my style is chic, feminine and classic.



Check out [thegatewayonline.ca/fashionstreeters](http://thegatewayonline.ca/fashionstreeters) for more photos.



# Love that Crazy Prof?

We're looking for the quirkiest, most inspiring, most memorable lecturers on campus.

Show your favourite profs some love by nominating them to present the *Last Lecture* in Spring 2014.

Nomination deadline: Nov 30<sup>th</sup>  
ualberta.ca/alumni/students

All students who submit a nomination will be entered in a Prize Draw.



## flop culture

COMPILED BY Alex Migdal

### Kanye West

Dear Kanye,  
Fool me once and I'll forgive. Fool me twice and I am but a broken soul.

You stood me up, Yeezy. We had settled on the date a month in advance. On the week-end of Oct. 20, I would fly to Vancouver to watch you perform — your first tour in five long years. Sure, you expected a lot from me — uprooting my mountainous obligations for four days — but your musical virtuosity made up for it.

And then, the buzz of my phone as I napped in the hotel hours before we were to meet. My pale white face as I read the

subject line of the Ticketmaster email: RESCHEDULED. The pounding of my heart as I realized this trip was all for naught.

But there was a glimmer of hope. Even though you had cruelly rescheduled for Oct. 31, the joke was on you. I was set to be in Vancouver again that weekend for a journalism seminar. The flight was even paid for. The gods, it seemed, had blessed me.

Or so I thought. As I waited on the tarmac, my phone buzzed



with a tweet. "My condolences." Condolences for what? Again, the familiar pounding of the heart and my pale white face as I read the latest headline: KANYE WEST POSTPONED. The plane tore off from the runway as I stared out the window in horror.

Was it worth it, Kanye? Did Kim die over her surprise engagement the day after your first offence? Did you have an awesome Halloween party with your fabulous in-laws? Ugh. Your music enraptures me, but your ego repulses me. You make me want to fall on my knees in the countryside and weep.

It's over now. Don't try to call or text me.  
Respectfully peacing out,  
Alex Migdal

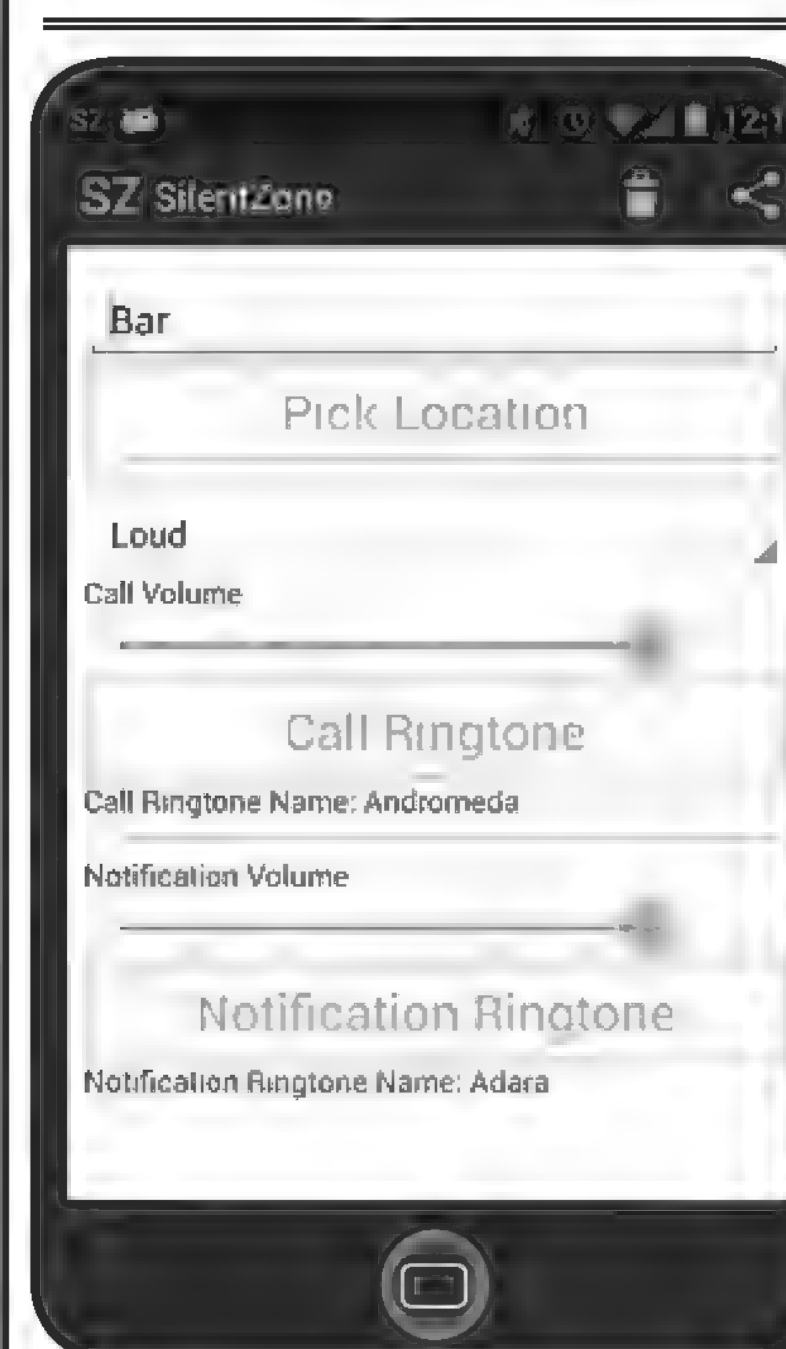
*Flop Culture is a semi-regular feature in which Gateway pop culture pundits shake their literary fists at ridiculous events or celebrities deserving of an inky bitch-slap.*

## datapp

WRITTEN BY Bodda Ammar

### SilentZone

COST ▶ Free  
PLATFORM ▶ Android



I can't count how many times I've had to dig through my pockets trying to find my blaring phone after it goes off in class. The worst part is that many professors will stop teaching when this happens, causing all the students in class to stare at me until my face turns red.

Fortunately, U of A computer engineering students Motiejus Osipovas and Grant Hunter have designed an app that does away with those distressing classroom mishaps.

SilentZone allows the user to automatically alter their volume settings based on location, with options that include loud, vibrate and mute. After downloading, the user is put through a helpful tutorial which explains how to perform different functions in the app. Creating a "zone" is as easy as tapping the

add button, finding the location on a map and then choosing a name and setting for that particular location. Common zones might include vibrate for work and school, and loud for home when there's a tendency to misplace the phone.

The app runs continuously in the background, and can be quickly found in the notification bar for easy access, where the user can refresh the app or pause it for manual control. Additional options available in the settings menu include start at boot up, refresh rate and default zone.

With no software bugs to be found after a few days of use and an impressive, clean interface, this app is both easy to use and highly practical. The only addition the computer engineering students might consider incorporating is the ability to search by entering an address, instead of searching for a location on a map. Overall, this is a great app, and is definitely a worthwhile download for every Android user.

*Dat app is an occasional feature that highlights the best apps out there.*

## the brew crew

WRITTEN BY Victoria Stowe

### Phillips

**Brewery:** Phillips Brewing Co.  
**Available at:** Sherbrooke Liquor Store (11819 St. Albert Trail)

When you think of a ginger beer, you probably envision something sweet, spicy and occasionally alcoholic. The Phillips Brewing Company, however, took the term literally, and concocted a ginger-flavoured beer. Hailing from Victoria, B.C., the brewery is well known for experimenting with unusual ingredients, and their ginger beer is just one in their large repertoire of innovative craft beer gems.

The brew is a medium-light body, with a hazy golden hue and a thin



### Ginger Beer

golden head. Ginger is the dominant flavour on the tongue, and the spiciness enhances the bitterness of the hops. Unlike Crabbie's, the typical alcoholic ginger beer, there's little to no sweetness in this one. The finish is sharp and crisp, similar to a pale ale.

On its own, the ginger flavour can be overpowering — the spiciness is similar to "gari," the thinly sliced, pink pickled ginger that comes with sushi to clean the palate between different rolls. This allows the diner to appreciate all the flavours of their next bite without confusing them with the flavours of the last dish. The palate cleansing quality of this beer makes it the perfect beverage to complement Japanese foods, as well as other cuisines with complex, spicy flavours such as Thai and Indian curries.



## Five looks for furry faces on campus this month



Sarah Labahn  
A&C COMMENTARY

Walking through the snow covered leaves, scarves are quickly being replaced by facial hair in support of Movember. Since 2004, the Movember Foundation has grown in size and popularity, making significant progress in fundraising and raising awareness for prostate cancer, testicular cancer and mental health, as well as changing the faces of men. So boys, put down your razors and shaving cream — you're the moustache generation; you are the generation of change. Here's a glance at the five most popular Movember styles on campus.

### The pencil or 'lip duster'

Sure to be one of the first moustache styles to appear this month — and for some at the end of this month — the pencil moustache is the first stage to any quality moustache. Sometimes referred to as "the John Waters" after the director, actor and comedian, this 'stache gained popularity in the '80s and continues to be a lively trend today. In a 2011 interview celebrating Movember, Waters revealed the maintenance mystery behind his elusive 'stache:

"I shave it with a Bic razor or whatever kind of razor from the top every day. Use cuticle, nail cuticles to cut it on the bottom. And then if it's a little gray or you miss a place, you just sketch it in with Maybelline Velvet Black, which is my favorite. And I tried the expensive kind, the smear-proof kind, the waterproof kind, but they just don't do it like Maybelline. And it has to be sharpened every time."

Lying gently above the upper lip, the pencil is light in colour yet bold in statement.

### The cop stache

The cop stache has been made famous by countless Hollywood roles, from Tom Selleck on the '80s TV drama *Magnum, P.I.* and Will Ferrell in *Anchorman*, to Seth Rogen in *Superbad* and Gary Oldman in *The Dark Knight* trilogy. Though trending on the silver screen, I'm predicting that teachers will sport this style more than students this month, as it gives the appearance of authority in the lecture hall. But if you're trying to achieve that same level of sophistication, here's a couple pieces of advice. First, make sure the moustache is trimmed evenly across the upper lip so the thickness and length are uniform. Second, try your best to cover as much of your upper lip as possible — almost like you're disguising it. It'll give you that serious edge by hiding your smug smile, demanding respect from those around you.

### The handlebar

Perhaps one of the most famous moustache styles around, the handlebar comes in many shapes and forms, but is most notable for its curled ends. Making sure the hair directly below the nose is plump and thick, the rest of the moustache pulls outward and gradually thins to the tip of the curl. Unlike the pencil or the cop stache, the handlebar is a moustache of patience and precision; these will likely make an appearance towards the end of the month after they've had plenty of TLC. And if you're almost there but are

still lacking the length required for a true curl, try using a touch of moustache wax to flip the ends up as much as possible, creating the illusion of a handlebar.

### The goatee

The good ol' goatee is a combination of short or medium length facial hair concentrated

around the chin, with clean shaven cheeks and sideburns. Pan, the god of the wild and savage in Greek mythology, is often depicted wearing a goatee, and for reasons not recorded in history, Abraham Lincoln even groomed his beard into a goatee during his presidency. The goatee often gets mixed reviews from both men and women, but seems to be making a comeback in Hollywood with wearers such as Orlando Bloom, Samuel L. Jackson and even Brad Pitt. And just remember that while the average goat can't groom its beard into a facial work of art, you can.

### The short-boxed beard

For those straying away from the mo-trend, the short-boxed beard is a dignified look that frames the face from sideburns to chin. This full beard gets its sharp but not scruffy appearance by trimming the sides and shaving the cheeks and neck for added precision. And although buzz cut season has passed, trimming the length of the beard to the same length as your buzzed head can bring this beard to another level, making it as sharp as it is badass. Another factor that ups the short-boxed's popularity is its presence on Jesse Pinkman, Aaron Paul's character in AMC's crime drama, *Breaking Bad*. It's likely that this style will stick around through December, as the bristles of full beards offer warmth during the cold winter months.

*5 Best is a semi regular feature in which Gateway arts and culture aficionados recommend the best-of-the-best in a topic of their choice: food, film, art or culture.*



1

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4

7

PAGES  
to

## diversions





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## 12 Years a Slave is a brutal but powerful depiction of history

### FILM REVIEW

#### 12 Years a Slave

WRITTEN BY &gt; Jon Ridley

DIRECTED BY &gt; Steve McQueen

STARRING &gt; Chiwetel Ejiofor, Michael Fassbender, Benedict Cumberbatch, Paul Dano and Lupita Nyong'o

WHEN &gt; Now Playing

**Andrew Jeffrey**

EDITOR-IN-CHIEF • @ANDREW\_JEFFREY

It can be easy to get caught up in the hype surrounding a movie like *12 Years a Slave*. The film has been noted as courageous and a must-see by some critics given its brutally honest and unrelenting depiction of American slavery. Whether it's courageous for a film in 2013 to denounce slavery so harshly is debatable, but the film's message is powerful enough to make it essential viewing, and quite possibly one of the strongest movies of the year.

*12 Years a Slave* follows the true story of Solomon Northup (Chiwetel Ejiofor), a free man in the 1840s. An educated and talented violinist, he's tricked into traveling to Washington D.C., where he's kidnapped and sold into slavery. Based on Northup's own memoirs, the depiction of the 12 years he spent enslaved on plantations is anything but an easy watch for audiences.

Those familiar with director Steve McQueen's past work know what to expect coming into *12 Years a Slave*. Whether it's a movie about starvation, sex addiction or now slavery, McQueen's style has never been to simply hint at the appalling things his characters endure, but rather to force the audience to watch their suffering in excruciating detail.

McQueen does tend to overindulge though, with the stylistic choice of long static shots and mundane scenes, which drag down the film at times. While the viewer is never really let in on exactly how much time has passed during Northup's enslavement, some shots of the horrified expression

on Northup's face feeling as though they last about 12 years or so. However, these also create gutwrenchingly powerful images of slaves being sold or hanged that stick in the minds of audiences long after the film has ended.

The film's biggest strength is the sheer talent of the cast. Michael Fassbender's vile turn as abusive slavedriver Edwin Epps may be one of the best performances of the year, while Ejiofor's transformation from optimism as a free man to torturous despair in slavery is incredibly moving. Though at times, it feels as if he's too much of a passive observer to the horrors happening around him as the focus shifts to the other characters in the film. The strengths of the other Oscar-nominated actors involved in the movie isn't a surprise, but what really makes the film work is the talent on display, however brief their performances may be, by more unknown actors such as Lupita Nyong'o as Epps' prized cotton picker and the object of his affection, and Adepero Oduye as a slave wrought with despair after being separated from her children.

Unfortunately, despite a powerful build up with everything Northup endures over the course of the film, the ending feels abrupt. Brad Pitt's inclusion near the end of the film seems so out of place, it's like he walked in from another movie set, sporting an American accent despite his character's Canadian heritage. The conclusion of the film seems

to come together all too quickly for Northup, considering everything his slaveowners put him through beforehand.

But the biggest downside to *12 Years a Slave* isn't a flaw, but instead its own bleak nature. The movie creates no pretense of any minor victories during Northup's enslavement — there are no uplifting moments to save the audience from a dreary and depressing two hours. Even any positives taken from the film's ending are undone by the thought of what happened to other slaves on the same plantations as Northup. This was 12 years enslavement for Solomon, but a lifetime of brutality for many others left behind.

**Whether it's a movie about starvation, sex addiction or now slavery, McQueen's style has never been to simply hint at the appalling things his characters endure, but rather to force the audience to watch their suffering in excruciating detail.**

All that being said, this dreariness is well earned. *12 Years a Slave* is McQueen's strongest film as a director to date and deserves to be a Best Picture frontrunner come February. The hardships in the lives of the slaves depicted in this film are part of a systemic acceptance of racism and inequality that plays a huge part in the development of the film as Northup's spirit is worn down over the course of his enslavement, and others realize they can do nothing to escape their roles as slaves. It's not just the scenes of brutality against slaves that cause viewers discomfort here, but also the shots of other slaves going about their day's work, choosing not to notice men and women being punished and hanged around them. It's a powerful film that deserves to be seen, but the brutality it reveals will haunt audiences and won't likely entice a second viewing any time soon.



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## Pandas soccer hunting for first national title in 12 years

### SOCCER PREVIEW

### CIS National Championships

Thursday, Nov. 7 – Sunday, Nov. 10  
Toronto  
cis-sic.tv

**Adam Pinkoski**

SPORTS STAFF • @APINK101

The University of Alberta Pandas look to win their first CIS national championship in more than a decade this weekend, as they fly to Toronto to face off against the top seven teams from across the country. The Pandas, who go into the tournament as the number one seed after beating the Trinity Western Spartans in Victoria last weekend, are fresh off of winning their first Canada West championship banner since 2001, the last year, incidentally, that they also emerged national champions.

"To win CanWest with 23 of your best friends who have been working together with one goal in mind is beyond description," second-year defender Fallon Dickie said following her team's 2-1 extra time win over Trinity Western on Saturday. "You come to realize in that moment the team raises the trophy, that everything you've pushed through — the early mornings, six in 36 runs, weight training, tireless practice sessions and infinite sacrifices — led to this exact snapshot of success."

The Pandas, who have been dominant all year — finishing second

overall in CanWest despite leading the pack before until suffering their first defeat the final weekend of regular season — surged forward in the conference final four, came out on top and will look to show why they're ranked first for the CIS championship heading into Toronto later this week.

"Going to play against the best (in) Canada while being the 'best in the west' will be (our) biggest trial," Dickie said. "I know (we'll) put up a fight to get to that national championship. It's right there within reach and our momentum at this point is unstoppable."

Despite going down 1-0 to Trinity Western within the opening five minutes of the CanWest final, it was the Pandas' potent strike force of Jesse Candlish and Julia Ignacio that gave them the upper hand against the defending CIS champion Spartans. Candlish, who scored the game-winning goal for the Pandas in the semifinals the day before against UBC, tallied the team's equalizer just inside the 35-minute mark, and with the score at a deadlock after the full 90 minutes, extra time was needed to decide who would reign as the 2013 CanWest champs. But it took only seven minutes of play in the extra frame before the deciding goal was scored by Ignacio, who connected with the most unlikely of touches from a Paula Dadensky cross to seal the title for her team.

Coach Liz Jepsen's squad will now fly to Toronto on Tuesday where they'll prepare for their opening fixture against the RSEQ runners up, the Laval University Rouge et



**ON A ROLL** The last time the Pandas headed into nationals as Canada West champions 12 years ago, they won nationals.

RANDY SAVOIE

Or. Just like with the CanWest Final Four, obtaining their second trophy of the season will be no easy task for the Pandas, as they will have to win three consecutive matches against the country's best, starting with the Rouge et Or, who are currently ranked eighth in the CIS Top 10.

The rest of the pack, which consists of the AUS champion Cape Breton Capers, the OUA champion Wilfred Laurier Golden Hawks, the RSEQ champion, Montreal Carabins, OUA runner-up Western Mustangs and host U of T Varsity Blues, will also

include the 2012 CIS champions and CanWest runner up Trinity Western Spartans who the Pandas may have to beat yet again to clinch the Gladys Bean Memorial Trophy.

In order to progress, the Pandas will once again be relying heavily upon their dynamic duo of Candlish and Ignacio up front, while trusting goalkeeper Kelti Biggs and captain Shalla Kadima to anchor the back. In fact, the only spot on the pitch that has been a bit of an issue for the Pandas this season is on the left flank, where the majority of chances

for the opposition have come down and which was very apparent in the CanWest gold medal match. Against some of the top teams in the CIS, this will undoubtedly be a cause for concern for Jepsen, as it was the downfall for the Bears soccer team last season when they went to nationals, where they saw their left side exposed time and time again, seeing them finish in last place.

The Pandas have only lost once all year and last made nationals two years ago where they failed to qualify for the medal round.

## Senior rugby players bask in the glow of national championship glory

**Atta Almasi**

SPORTS EDITOR • @SCARBOROBLUFFER

### RUGBY • CONTINUED FROM PAGE 1

After the Pandas exacted their revenge on the Guelph Gryphons, the same team, incidentally, who denied the Pandas a shot at their first national finals since 2005 in Nova Scotia last year, Guthrie and Fairbairn admitted the team was allowed

to celebrate their win in a rather unique style.

"There was champagne waiting for us the second we stepped off the field (and) we all took turns spilling champagne from the trophy into our mouths," Fairbairn said, with Guthrie agreeing that "Champagne always tastes better with a gold medal around your neck."

"That night, we all headed out on

the town (and) most of us didn't stroll in until 4 a.m. Our 6 a.m. flight the next morning wasn't a pretty one," Fairbairn said.

For Fairbairn and Guthrie, who represent the feelings of the team's graduating players, being able to close out their CIS careers with a national championship is a bittersweet reality for the upper-year backs.

"I am thrilled to end my season

with a gold medal in the CIS. I feel as if I am able to leave the Pandas and look back on my career and be completely satisfied," Guthrie said. "I am happy with the improvement over the years and obviously with the result in (my) final year. This is a huge accomplishment for all of the players and especially for those of us in our last year. I am already looking forward to seeing what the

team can do next year."

"I don't think I (would've) had it any other way," Fairbairn said. "I definitely had a mindset where I didn't care what sacrifice it took from me to win that final game. I was ready to put my entire body on the line if that's what it took. This (is) the first national banner in 10 years for the Pandas rugby team ... we're soaking up the starlight for sure."



**BAKER'S DOZEN** Baker had a double double. FILE PHOTO — ANDREW JEFFREY

## Bears

**Athlete of the Week**

WRITTEN BY Katherine Hill

### F JORDAN BAKER - BASKETBALL

The Bears basketball team began their season with back-to-back wins on a road trip to British Columbia after they defeated the UBC Okanagan Heat 72-60 on Friday and the Thompson Rivers WolfPack 78-63 on Saturday. Fifth-year forward and former CIS rookie of the year Jordan Baker — who also spent time training with the Canadian senior men's team this past summer — had a double-double Friday night against the Heat, scoring 22 points and 11 rebounds, and was just one rebound shy of another double-double on Saturday against the Wolfpack with 20 points and nine rebounds.

## Pandas

**Athlete of the Week**

WRITTEN BY Katherine Hill

### F JESSIE CANDLISH - SOCCER

The Pandas soccer team secured their first Canada West title in more than a decade with their defeat of the Trinity Western Spartans Saturday night, thanks in no small part to Jesse Candlish. The third-year forward scored the crucial game-winning goal on Friday in the semifinals against the UBC Thunderbirds in extra time to send the Pandas to the Canada West finals. In the championship game, Candlish helped score the equalizer in the first half to draw her team even with the Spartans 1-1 and the Pandas eventually took the Canada West title in overtime with an eventual 2-1 defeat of the 2012 CIS champions Trinity Western.



**CANDLESTICK MAKER** Candlish had two goals. FILE PHOTO — KEVIN SCHENK





**BUCKING AROUND** The CFR is part of the annual River City Round Up. FILE PHOTO — AARON YEO

## Edmonton prepares to celebrate its western heritage at 40th CFR

Rodeo is part of a 10-day celebration of western history and culture in Edmonton

### RODEO PREVIEW

#### Canadian Finals Rodeo

Wednesday, Nov. 6 – Sunday, Nov. 10  
Rexall Place (7424 118 Ave.)  
cfr.ca

#### Atta Almosi

SPORTS EDITOR • @SCARBORBLUFFER

Although there's snow all over the ground, students on campus are still recovering from a bout of midterms and the Oilers are losing, a wave of excitement is set to hit Edmonton this week. While Taylor Hall, Jordan Eberle and the rest of their teammates are ditching the friendly confines of their home arena for a six-game road trip, the ice surface of Rexall Place has been transformed to make way for the 40th annual Canadian Finals Rodeo beginning this Wednesday.

For Northlands public relations specialist Lauren Andrews, the CFR is an extremely prestigious display of good old-fashioned western entertainment, despite the better-known Calgary Stampede that takes place every summer in Alberta's largest city.

"Although the Calgary Stampede is a huge rodeo as well, it's not the Canadian championships," Andrews said, adding that \$1.47 million will be up for grabs this week. "This rodeo here, the CFR, is what cowboys and cowgirls work towards all year

long. They compete in rodeos across Alberta, across Canada, just to make it to the CFR in Edmonton."

Besides serving as the Canadian national championships, the CFR also differs from the Stampede in that it takes place indoors. According to Andrews, this allows the Northlands organizers and staff to provide a unique rodeo experience unlike any other offered elsewhere,

**"Although the Calgary Stampede is a huge rodeo as well, it's not the Canadian championships ... the CFR is what cowboys and cowgirls work towards."**

LAUREN ANDREWS  
PUBLIC RELATIONS SPECIALIST, NORTHLANDS

"It's in Rexall Place, which is a stadium, so it allows us to put on a huge entertainment experience for our fans," Andrews said. "We have some great names singing the Canadian anthem each night. We have great opening ceremonies that will celebrate the 40-year history of the event, as well as some great entertainment and great indoor attractions that we wouldn't be able to put on had we had the rodeo outdoors."

Apart from the traditional CFR events of bull and bronco riding, Andrews explained that there will also be plenty of other attractions

to entice people to come out to Rexall and Northlands this week, such as the CFR's first every foray into tailgating.

"Two hours before each rodeo performance, we are opening up the pedway between Rexall and the Edmonton Expo Centre, as well as the area outside Telus stage, and we're having Edmonton's finest food trucks and a lot of western entertainment (and a) barbecue cookhouse," Andrews said. "It's really a chance for Edmontonians to come down, warm up for the CFR and get in that western entertainment mood."

For members of the U of A community who may be hesitant or curious to check out the goings on this weekend in the city's north end, Andrews assures the experience will be well worth the price of admission, which is relatively affordable for student's getting by on a limited budget.

"Western identity is what formed the roots of Alberta's culture, so if you're born and raised in Alberta, this is the perfect opportunity to come down and celebrate some western heritage and learn about your western identity," Andrews said.

The CFR — which runs in conjunction with the agricultural Farmfair International on the Northlands grounds who's also celebrating its 40th anniversary this year at the Edmonton Expo Centre from Nov. 6-10 — is part of the 10-day River City Round Up which is held every November and serves as an annual celebration of western life, history and culture in the city of Edmonton.



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**ACROSS THE COUNTRY** The Bears and Pandas cross-country teams will be searching to solidify themselves against the top schools in the country when they travel to London, Ont. for the CIS national championships.. KVIN SCHENK

## Cross-country teams look to build upon strong results

Cross-country coach Wes Moerman realistic at athletes' chances at CIS national championships this upcoming weekend in London, Ont.

### CROSS-COUNTRY PREVIEW

#### CIS National Championships

Saturday, Nov. 9 at 12 p.m. and 1 p.m.  
London, Ont.

**Atta Almasi**

SPORTS EDITOR • @SCARBOROLBLUFFER

With the snow on the ground and chilly weather rolling into Edmonton this past weekend, coach Wes Moerman and the rest of the Golden Bears and Pandas cross-country runners are glad they got their last preparation event before this week's CIS national championships over and done with two weeks before the bad weather rolled into town.

"Last year (at the) Stewart Cup championships, it was 10 inches of snow that we were running in at altitude in Calgary. So we were grateful ... for the good weather," Moerman said. "That helps everybody."

Apart from the ideal weather,

coach Moerman also enjoyed strong results from the U of A runners, clinching both the men's and women's titles at the largest Canada West cross-country event in Alberta, which attracted runners from the Universities of Manitoba, Calgary, Saskatchewan and Regina, and saw the Bears and Pandas climb to the top to beat them all.

**"We don't have specific expectations on (our athletes) other than we know they're going to give their best and ... compete where we can."**

WES MOERMAN  
U OF A CROSS-COUNTRY, HEAD COACH

"We were very satisfied. It's a step in the right direction," Moerman said of his athletes' performances at Hawrelak Park two weekends ago. "It's not the be all (and) end all, (the) Stewart Cup, but it's certainly a marker of progression and anytime

you see positive progress, you're happy."

After competing in various cross-country meets over the past couple of months in Alberta and Saskatchewan, the Bears and Pandas runners will head out east to London, Ontario this coming Saturday for the CIS national championships looking to test themselves against some of the top runners in the country. Despite their strong results on home turf in Edmonton, Moerman said the coaching staff is keeping their expectations realistic.

"The CIS cross-country championships (are) getting a lot deeper and a lot tougher. For our guys, they're very young and they're still just learning the sport and getting into it," Moerman said. "For a lot of them, (the Stewart Cup) was their first time running 10 (kilometres) on the grass. To repeat that performance two weeks later is difficult, so we don't have specific expectations on them other than we know they're going to give their best and ... compete where we can compete."

In terms of which schools will

compete for the national championship banner, Moerman concedes that it's really a race for second place, seeing how strong the University of Guelph program is after they swept the men's, women's and overall titles last year.

"The University of Guelph is way out front of everybody and have been for a long time," Moerman said. "What they did this year — going down and winning a major NCAA Division I meet (the 12th Annual Greater Louisville Cross-Country Classic) — there's no one in the country that's competing with them this year."

On what separates the competitiveness between a school like Guelph and a program like his own, Moerman attributes the difference to the level of community involvement and commitment that the Gryphons have compared to everybody else.

"That's a loaded question to be honest, particularly with me being a Guelph alumni. But they really have a strong community support behind a high-quality varsity program,"

Moerman said. "The varsity program is viewed as very strong in (that) city, and people build and work towards that. And their coach has done an amazing job of inspiring that community to do that. I think we can get to that spot, but they really have a culture of commitment and excellence that just breeds itself, and that has been a ton of hard work on their part."

While Moerman admits that the U of A's chances of bringing home a medal or banner this weekend "is probably a little(far-fetched) to be honest," the second-year head coach does list whom he expects to do the best out of his own group.

"Our top runners at Stewart Cup are our top runners (period). "So Amy (Buzikievich) on the women's side is certainly our top women's runner, she's been that all year, and Kieran MacDonald — who's a transfer and a junior — are our top runners going in," Moerman said on the first and third place finishers at the Stewart Cup two weeks ago.

The Pandas and Bears head into London both ranked in the top 10.

## Bears basketball returns home after back-to-back wins in B.C. interior

Second ranked Bears' home opener on Friday sees them come back to Saville Centre where they are 19–1 over the past two seasons

### BASKETBALL PREVIEW

#### Bears vs. Regina

Friday, Nov. 8 at 8 p.m. and Saturday, Nov. 9 at 7 p.m.  
Saville Centre (11610 65 Ave.)  
canadawest.tv

**Connor Bradley**

SPORTS WRITER

The Golden Bears basketball team heads into their home opener this Friday with a 2–0 record following their performance on the road in the B.C. interior this past weekend.

The team's two victories in Kelowna and Kamloops seemed to solidify the Bears' CIS preseason ranking, which put them second in the nation behind perennial basketball powerhouse Carleton, supporting the argument that this team is a legitimate contender.

"Even though we are ranked second in Canada, it doesn't mean we accomplished something," Kenneth Otieno said following his team's

two victories in B.C., in which the fourth-year guard contributed a combined 26 points for the Bears. "We want to be number one. All the work we are putting in now is not to end up second, so that's our outlook on the preseason rankings."

This past weekend, the Bears were able to shoot the lights out and out-hustle their opponents, delivering 72–60 and 78–63 defeats to UBC Okanagan and Thompson Rivers University on Friday and Saturday night, respectively.

Shooting close to 40 per cent from behind the arc allowed the Bears to stretch the floor and prevent the opposing team's defences from clogging the paint. Jordan Baker — who trained with the senior men's national team this past summer in Toronto — led the team in both games in points and rebounds, and is currently averaging 21 points and 10 rebounds per game.

But most important was the fact that the Bears bench outscored their opponents by significant margins. Otieno and new Quebec recruit Mamadou Gueye were the key scorers

off the bench.

"Being the first player off the bench is a role I'm starting to embrace because I feel like I get to bring more energy or momentum for the team, whether it be scoring or on defense," Otieno said. He was 11th in CIS last season for points per game and heads into this year as the team's solidified sixth man, being the first guy off the bench for Bears head coach Barnaby Craddock. This is no doubt a luxury for the second-year coach, who's able to bring an elite CIS scorer off of his bench at anytime during the game.

"I approach that role as an opportunity to make a difference and to bring some energy for our team," Otieno said, who got hot against the UBC Okanagan Heat, hitting four of five three pointers for his team and cashing in 17 points for the Bears.

Besides being able to rely on their bench this past weekend, the Bears also have a great starting five led by Montreal native Youssef Ouahrig who, besides being the starting point guard for the Bears, was named Canada West rookie of the

year last season. As the floor general who also contributed 14 points and 12 assists for the Bears this past weekend, Ouahrig controls the pace and the ball for Craddock's squad game after game.

"My main goal is trying to keep everyone together and focused. I try to remain vocal all throughout the game so that everyone knows what's going on on the court at all times," Ouahrig said

**"We love playing at home ... and (having) great support from fans, friends and alumni."**

KENNETH OTIENO  
GUARD, BEARS BASKETBALL

The sophomore guard's sentiments reflect a feeling on this team is that they must remain focused on the task at hand as they head into their home opener next week, in since players and fans will be excited to see the nationally ranked Bears on their home court.

"We love playing at home ... and (having) great support from fans, friends and alumni," Otieno said. "Despite all the excitement, we are going to prepare the same way we prepare for every game and be physically and mentally prepared. Every team will be looking to beat the best, and the Bears are definitely an early favourite to come out of the Canada West conference."

After talking with players following their two victories over UBC Okanagan and Thompson Rivers, Craddock is taking the right approach to the challenges ahead according to his players.

"His main focus is for us not being satisfied and trying to get us better every game and every practice so that coming towards the end of the season, we are the best team we could be and (are) ready to compete at a high level," Ouahrig said.

This weekend will also see the Bears return to the Saville Centre, where they have only lost once in the past two seasons since the facility first opened its doors to the team three years ago.





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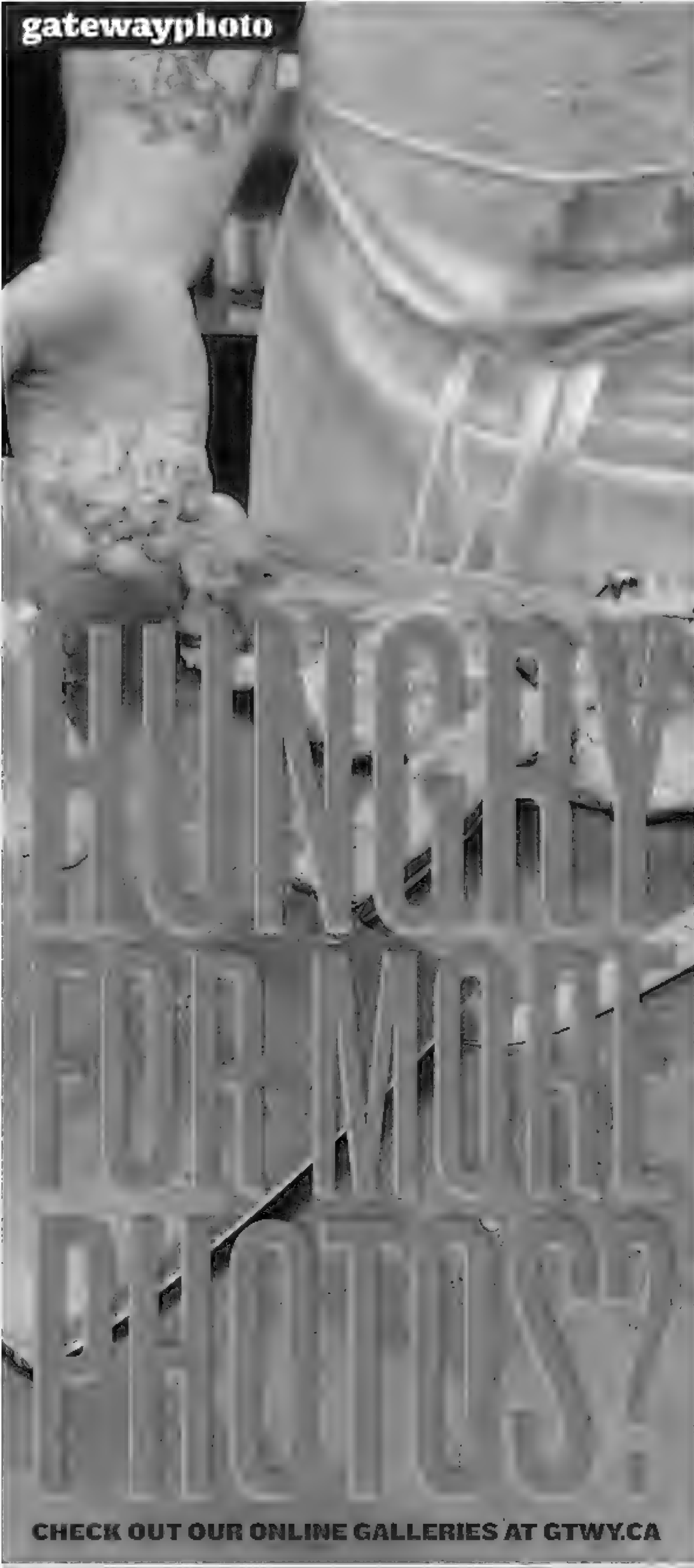
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# Canadian women's national team on McLeod nine following 3-0 win

## FIFA RECAP

### Canada vs. Korea Republic

Wednesday, Oct. 30  
Commonwealth Stadium

**Adam Pinkoski and Jennifer Fox**  
SPORTS STAFF

It may have been a biting cold October night in Edmonton when the Canadian women's national team made their first appearance at Commonwealth Stadium in more than 10 years, but you wouldn't have known it based on the number of people in attendance. Over 10,000 spectators — including fans of hometown standout keepers Erin McLeod and Stephanie Labbé — turned out to cheer on the Canadians against the Korea Republic in a friendly match designed to garner excitement for the upcoming FIFA U-20 Women's World Cup and FIFA Women's World Cup — to be hosted in Edmonton in 2014 and 2015, respectively.

"(It was) fantastic to see 12,000 people out here in late October on a cold night," Canadian head coach John Herdman said following his team's 3-0 defeat over South Korea. "You know, in two years time that 12,000 is going to turn into 60,000 on a warm summer's evening."

For the 12,746 fans who showed up to Commonwealth last week, the throng certainly got what they paid for as they watched a very confident Canadian side ease to a comfortable 3-0 victory over a 17th ranked Korea Republic squad that had previously

beaten the Canadians 3-1 only 10 months ago during a tournament in China.

Although the victory was undoubtedly thanks to goals from team captain Christine Sinclair, Brittany Timko and Adriana Leon, it was the standout performance of the team's starting goalkeeper, St. Albert native Erin McLeod, that allowed the home side to keep their first clean sheet in six competitive matches on the seasonably chilly Edmonton evening.

"Teams show the most character when they're tired and we just came off a four month break, so (tonight's match) showed a lot of character for us," the 30-year-old keeper said following the win.

The score line may have suggested a one-sided affair, but it was the Koreans who started out on top, testing McLeod several times in the opening 10 minutes. The Canadians looked rusty and rightly so, playing their first match together after a four-month hiatus, but finally found their rhythm in the 23rd minute when Sinclair put the home side in front with a glancing header into the Korean net following a Diana Matheson corner. The goal was Sinclair's 146th in her team record 198 appearances for the national side.

McLeod came up big several times after the game's opening goal, saving a low strike from a Ji So-Yeon free kick and tipping just over the bar with a fingertip save from a 25-yard effort. Again, it was the home side that took advantage of their opportunities through the efforts of midfielder Brittany Timko, as she stabbed home a goalmouth scramble just before halftime to put the home

team up 2-0 going into the break.

The home side continued to cast off any doubt in their fluidity in the 70th minute as 21-year-old striker Adriana Leon ran onto a beautiful passing sequence to chip over the Korean keeper from 12 yards to clinch the 3-0 victory for the home side with less than 20 minutes to go in the game. Although the Canadians upped the ante in terms of their physical presence in the last 10 minutes of the game, a tactic that Herdman described as taking advantage of the Koreans' "low centre of gravity," the visitors were unable to take advantage of their free kicks late in the game to put a mark on the scoreboard.

All in all, the game proved to be a solid introduction for Canada heading into next year's U-20 Women's World Cup, as well as the senior Women's World Cup in 2015. Amongst the names who will be featured in both tournaments that were present during Wednesday night's contest at Commonwealth was 16-year-old Sura Yekka, who recorded her first international senior team cap for the big squad against Korea. Fans both young and old are sure to expect standout performances from the young Mississauga, Ontario native — who along with McLeod was one of the most influential players on the pitch.

With these young women — along with some of the most talented players in the world — converging in Edmonton over the next couple of years, the city is bound to see some of the best soccer in the world as it plays host to two of the highest-calibre events in women's soccer.



**HEADS UP PLAY** Canada's national women's soccer team returned to Commonwealth for the first time in over a decade. HARRY DU

## gym bag

COMPILED BY **Katherine Hill**  
and **Zachary Bortuski**

Like all Candian sports fans, we worry sometimes that our Canuck brothers and sisters aren't patriotic enough when it comes to sporting events. Hell, even though when we're questioned about our heritage and we proudly announce, "We're Canadian," most of the time we don't even honestly know what we mean? We like hockey, so that's lucky. But we Canadians don't really get excited about anything else — well, except maybe for Tim Hortons' annual "Roll Up The Rim" promotion.

Sitting amongst the 12,000 plus fans in the stands at the Canada vs. Korea Republic soccer game on Wednesday night at Commonwealth, the first thought that ran through our heads — besides the ever present sentiment of how great this game would have been to watch during a warm summer's night in July — was the lack of patriotism that was

thrown in our faces or — perhaps more accurately — our ears.

It all began when the Korean fans — though small in number and vastly out-numbered by us red and white supporters — gleefully belted out their national anthem. Meanwhile the Canadians, ourselves included, merely collectively mumbled the words under our breath when "O Canada" came on the loudspeakers.

During the match, the Korean fans had not one, but two carefully planned out chants. These seemed to be an integral part of their sports-watching identity as every time their players gained momentum on the field, the fans responded with loud approval.

When it came time to supporting our own team, the Canadian response was a rather lethargic, "let's go, Canada, let's go," that seemed to die just as quickly as it started. We waved our free red towels, clapped half-heartedly and sat back in our seats while we watched our team score not one, not two, but three goals en route to a 3-0 victory.

Maybe we were lacking the inspiration from the drum guy at the Oilers games, because it seemed we never could really get into a rhythm. We cheered less emphatically for a Canadian goal than the Korean fans did for a half-decently good play by their team.

Maybe our rather lackadaisical attitude towards our soccer team is due to the fact we Canadians are just too polite to get worked up about anything. We don't want to cheer too loudly, because there should be equal opportunity cheering. And even though the Canadians won — likely because they're more used to playing in sub-zero temperatures in a match that was mindbogglingly scheduled in a city where it's winter nine months of the year — we can't honestly say that the fans had anything to do with it.

And even though the Canadian women were lucky this time around, one can't help but hope that next time, they'll have warmer weather, a larger crowd and more vocal support on their side by the time the actual World Cup rolls around two years from now.



# NBA fans will be feelin’ the Love according to *NBA 2K14*

A simulation of the 2013-14 NBA season reveals a shocking blockbuster deal, a first-time winner and some crazy off-season decisions



**Cameron Lewis**

SPORTS COMMENTARY

According to the *Gateway's NBA 2K14* simulation, the power in the NBA is about to shift from the South Beach to the northwest this season. Maybe it has something to do with the name that Kanye and Kim gave their newborn baby earlier this year, maybe it doesn't — I'm not a prophet, how should I know? But if 2K sports is correct, pro basketball in North America is about to get very interesting. I don't want to give away too much of what happened in this magical season, but if you enjoy underdog stories, let's just say you're going to "Love" what happened in our simulation.

### Regular Season

Not unlike other years, the NBA regular season was relatively predictable and featured a small group of incredibly dominant, star-studded teams at the top of the standings, with a larger than usual group of teams tanking for the number one pick in next year's NBA Draft for a chance at Canadian star prospect Andrew Wiggins. There was also, of course, the obligatory massive group of teams in the middle with no prayer whatsoever of making it past the first round of the playoffs. Miami, Indiana, OKC, the Clippers and Brooklyn topped the standings, while Utah, Phoenix, Washington,

the Pelicans and Charlotte were all but locked away and forgotten, dwindling in the league's basement.

### Trade Deadline

LeBron and his glorious group of pals in Miami looked to be well on their way to their (not one, not two...) third Larry O'Brien Trophy in a row, boasting a 68-14 record at the trade deadline when the Minnesota Timberwolves of all teams — who were sitting on the outside looking in at the league's playoff picture — made a rare massive NBA trade deadline splash. The disappointing Houston Rockets, who were sitting 10th in the West dismantled their pseudo-big three and shipped newly acquired star Dwight Howard to Minnesota for two first round draft picks and Euro big man Nikola Pekovic. Down the stretch, the acquisition of Superman was enough to will the T-Wolves into eighth place in the West and a first round date with K.D. and the Oklahoma City Thunder.

### Playoffs

Since there was no big, soft Euro ballers available in the upcoming draft, the Toronto Raptors didn't bother joining the tank parade and managed to squeak out the worst possible finish in the NBA — ninth place in the Eastern conference and just out of the playoffs. But the rest of the postseason in the East went

predictably with Miami, Indiana, Brooklyn and Chicago all winning their first round practice games, eventually leading to a Miami vs. Indiana Eastern Conference final



repeat, that Miami would go on to win in six games.

The Western conference, however, was a little more interesting than the East. The first place Thunder were booted in the first round by the eighth seed Minnesota

Timberwolves, who began a miracle run that would see them knock off the San Antonio Spurs — unceremoniously ending the careers of Tim Duncan and Tony Parker — and the Golden State Warriors en route to their first ever NBA finals appearance.

### NBA Finals

Miami vs. Minnesota: the battle of polar opposites — warm weather, beaches and celebrities versus a land with massive amounts of snow, hockey lovers and the descents of Viking settlers. On the court it was Kevin Love, Dwight Howard and Ricky Rubio of the Wolves versus LeBron James, Dwayne Wade and LeBron James — and no, this isn't a typo, Chris Bosh only averaged 10.2 points per game this season. The Heat and Wolves split the first two games in Miami, and headed back to Minnesota where the home team edged out back-to-back overtime victories giving them a commanding, albeit unlikely, 3-1 lead heading back to South Beach. In front of a stunned crowd of Heat "fans", Kevin Love — who would go on to win the NBA Finals MVP — put up 44 points and 17 rebounds in a 117-92 game five spanking of the defending champions to give the Wolves their first NBA championship victory in franchise history. And anyways, who doesn't Love underdog stories?

### NBA Draft and Free Agency

Now, every casual fan knows that the most interesting part of the NBA season isn't the games, the playoffs, the scores or the actual results, but the draft and subsequent free agency period where top college kids enter the big leagues and small-market stars flee to the greener pastures of big market cities. Since this is only a video game, we could all take off our tinfoil hats and accept the league wasn't going to rig the lottery and gift Andrew Wiggins to a crappy but favorable market like Boston or Philly. Instead, the team who finished with the worst record actually ended up getting the first pick. With an atrocious 10-72 record, the Utah Jazz won the draft lottery and took the opportunity to select Thornill, Ont. native and super prospect Andrew Wiggins with the first overall pick.

This is where the power shift begins actually. The Utah Jazz draft Wiggins, Minnesota wins the Larry O'Brien Trophy and OKC still boasts a great core. The only question remaining now is where does LeBron go now that he's once again a free agent? In another one hour special on ESPN, 2K predicts that King James will announce that he is taking his talents 5,280 feet above sea level to the Mile High city to join the Denver Nugget in Colorado.

With all this unexpected craziness happening in an afternoon of video game simulation, we were left wondering just how exciting things could be if the actual NBA was anywhere close to being this interesting.

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**I AM NOT A LUNGFISH** by Jessica Pigeau

And from above,  
a voice spoke to me:



"All unattended baggage  
will be removed and destroyed."


**NIK OF TIME** by Nikhil Shah

Heyy ladies, guess who  
is back on the market?!




(Hehe)

## SO DOOKU




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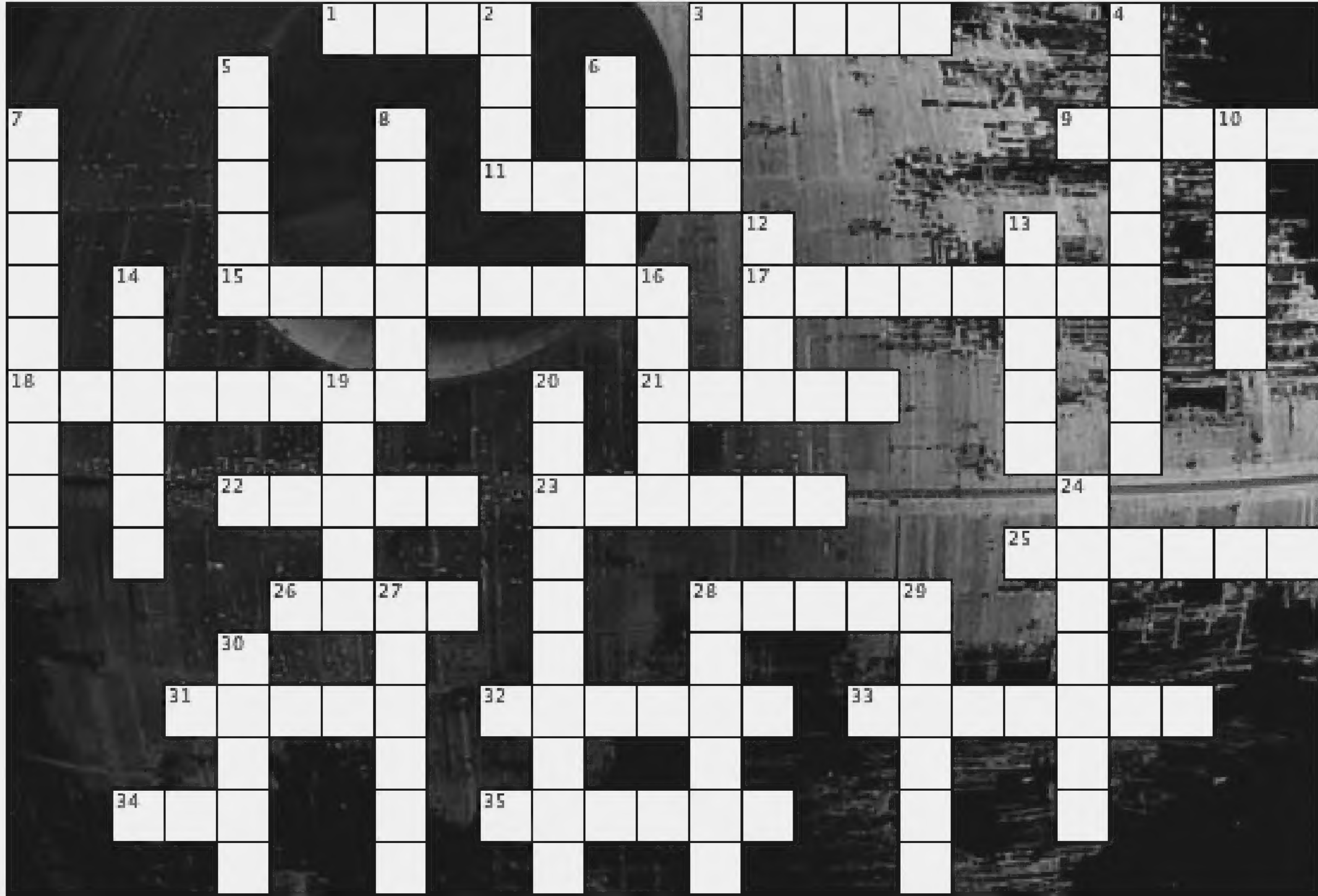
**RED PEN COMICS** by Michael Johnson



**ANTHOPOLOGY** by Anthony Goertz



## CROSSWORD



**ACROSS**

- The snowy planet
- \_\_\_\_\_ troppers
- \_\_\_\_\_ Calrissian
- Maul, Sidious, Vader
- Luke's last name
- Score composer John
- Anakin's desert-covered home planet
- JarJar \_\_\_\_\_
- Zorba the Hutt's son
- "...in a \_\_\_\_\_ far, far away...."
- Anakin actor Christensen
- Little wise green guy
- Yoda actor Oz
- The tree-dwelling teddy bears
- Luke actor Mark
- C-3PO actor Daniels
- Obi-Wan's nickname
- Qui-Gon Jinn actor Liam

**DOWN**

- Vader cuts off Luke's \_\_\_\_\_
- Jedi vs. \_\_\_\_\_
- The Galactic Empire's space station
- Star Wars creator George
- "May the \_\_\_\_\_ be with you."
- Emperor
- The Wookiee's nickname
- R2-D2 is a \_\_\_\_\_
- Obi-Wan actor McGregor
- Boba Fett's dad
- "Luke, I am your \_\_\_\_\_."
- The \_\_\_\_\_ Alliance
- The Gungans' home planet
- Jedi weapon of choice
- The dashing smuggler
- LucasFilms was recently bought by \_\_\_\_\_
- Millenium \_\_\_\_\_
- Obi-Wan's last name
- Luke's spaceship



**ID & EGO** by Lauren Alston



**IN BETWEEN CAFE** by Stefano Jun



**YEAR LONG SUMMER** by Conan Ru



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# PARTY GUIDE

A black and white photograph of the four members of the band Emerson Drive standing together.

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A black and white photograph showing the profiles of two men, Kenny Rogers and Spenny, facing each other.

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